

SPECIAL 40TH ANNIVERSARY ISSUE!

Canadian Living

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40th
ANNIVERSARY

HEAD START
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PREVIEW!

CELEBRATION
CAKE
P. 132

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RECIPES
AND
HOSTING
IDEAS FOR
YOUR NEXT
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FOR EVERYONE

P. 20

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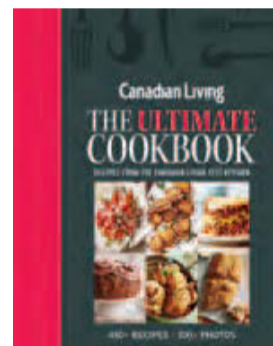
IN THIS ISSUE ONLY!

Guest editor Marilyn Denis and I had wonderful talks during her time in our office.



SNEAK PEEK

OK, bragging is not considered a positive trait (nor is it considered very Canadian), but although I mentioned our brand-new *Canadian Living: The Ultimate Cookbook* last issue, I need to gush again now that I actually have a copy in my hands. This hardcover volume is a keeper, with more than 450 classic recipes, all newly revised and retested for modern home cooks like you. But don't take my word. Try one of our very favourite recipes from our new cookbook on page 127.



WARM IS HAPPY

Hailing from Vancouver, our managing editor, Day Helesic, had never owned a winter parka until moving to Toronto two years ago. "Friends told me I'd need one, and I didn't believe it until I got here," she says. Canadian weather is so varied that many of us find we need more than one winter topper: a tailored wool coat to wear to work and out to dinner, plus a well-insulated (and possibly puffy) waterproof number for things like pond-skating and dog walking. Fashion & Beauty director Julia McEwen has all scenarios covered in her roundup of this season's best coats, starting on page 20.



What's Your Calling Card?

I didn't mention this when our November guest editor was at the *Canadian Living* office, but she and I first met in the early 1990s. Marilyn was already Marilyn Denis, and I was a first-year journalism student who could hardly believe the already-successful broadcaster said yes to my little class project, which was to get into groups and interview someone in the industry. Of course, many more assignments followed, and eventually, I graduated and got my own job in media—but, over the years, I've never forgotten the fact that Marilyn took time out of her busy day to talk to three kids still in their teens. And she took us as seriously as we took ourselves.

Fast-forward 25 years, and here's what I did mention to Marilyn: that through all of her years in what can be a brutal business, no one has had anything but the most complimentary things to say about her. How does someone so successful manage to evade

trolls and rumour-spreaders? The answer, I believe, is simple: It isn't despite her success that Marilyn has kept her reputation squeaky clean; it's because she treats people with golden-rule kindness that she has achieved lasting success. There's a lesson all of us, women and men alike, can learn from this: Whatever approach to work you ascribe to—whether you lean in with a five-year plan or prefer a slow-and-steady rise through the ranks—the record of how you've treated others will precede you. Does that record get you green-lighted for an interview or pushed to the bottom of the applications pile? That part is up to you.

Sandra E. Martin,
editor-in-chief

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Marilyn Denis

BY SANDRA E. MARTIN

THOUGH SHE'S BEEN a Torontonion for 29 years, broadcaster Marilyn Denis has lived and worked in many different cities. So we asked—in between her guest-editor duties as chef, stylist and photo editor—how her background has influenced her career and her approach to meeting new people.

How are western Canadians different from eastern Canadians—and how are they similar?

I think [your point of view] has to do with how old you were when you arrived. You've got an adventurous mind when you're younger; you're more of a risk-taker. I found, in both places, people are very, very friendly. And in both places, I probably stuck my foot in my mouth many, many times! When I first moved to Toronto from Calgary, I became quite shy and overwhelmed; it was a weird thing that happened to me. And I wondered, Why did I feel more comfortable in Calgary than in Toronto? Then, when I started risk-taking again, I was fine.

Before coming to Toronto, you'd been a solo broadcaster. Then, famously, when you were hired at 104.5 CHUM FM, you were partnered with Roger Ashby, an already-established radio presence. How did you make that career adjustment?

I was very careful—I was partnered up with this man who had been known in Toronto for many years—and that was doing that dance and

being able to have the connection and the chemistry with him. Never mind this big city! He was the anchor, Roger Ashby. At the time, Rick Hodge was the sports guy, and I was there to do entertainment and traffic. So the roles were defined. Roger was extremely—and still is—gracious with me on the air; he would say, "Marilyn, don't go back to the newsroom. Talk to me about this!" So it morphed into me staying in the room, then it morphed into *Roger, Rick and Marilyn*—now *Roger, Darren and Marilyn*—on Toronto's 104.5 CHUM FM.

I've read that, within minutes of meeting you at your job interview, Roger knew you were "the one." How important is chemistry with the people you work with?

This is a man who has been in radio for a long time; on his own, he would be a magnificent program director. So he knew exactly what he was looking for. I think when you've got great self-esteem, you're not worried about having the upper hand with somebody; you're letting them be. You know who you are, ☛



Clockwise from top: Marilyn reviewed pages from our new Holiday Baking cookbook, picked this Smythe blazer from a rack of party-worthy pieces and sat down for an interview with Sandra.

so you want to find someone who is going to fit in with what you do. Also, I think he's a born teacher, so when he met me—there's 10 years' separation between the two of us—he understood my passion for radio, my love of music, and the fact that I'd been in radio, at that time, for 10 years. So he knew I didn't just want to be on the radio. And I sensed instant comfort with him; he never let me fall.

And now, your son, Adam Wylde, is in radio. How do you feel about that?

I feel really good about that because he has been working hard at it for nine years and it has taken him to Barrie, Halifax, Calgary and now back to Toronto. He really enjoys it and that's the important part—that he loves what he does.

What do you love most about your job?

I love the fact that it changes every day. I love the fact that news drives a lot of what we talk about. I love the fact that, when I get up in the morning—which I don't relish a lot of the time—and I go to work, I'm going to have fun. It's a great atmosphere to be in. With the

television side of things, I've got a great group of people, and I'm learning from them. They're a lot younger than I am; they put me in situations I'm not sure of sometimes, but I'm good with that. It makes me feel current. These guys, they know what's out there, what's of interest to them and what's of interest to the viewers, which is number one. And one feeds the other: What I do on *The Marilyn Denis Show* is great content for CHUM FM. And again, with CHUM FM, I find something and bring it forward to the TV side.

How in the world do you keep your energy up?

I really love what I do. I like that buzz of being live: live on the radio, live to do a television show. I love that people are listening in their cars, at their houses, while taking their kids to swim practice. I like the fact that I'm standing in front of a whole bunch of people in the TV studio, and I see their reaction right away. That's a high for me. I really get a charge out of that. And I get a charge out of people who come in and are part of the show; I think, I'm going to learn something new from this person today. ●



From top: Marilyn looked at home at her Canadian Living workstation; she filmed a food video in the Test Kitchen with Food director Annabelle Waugh; and we found out just how many people can fit on the couch at Marilyn's house.



 **GO ONLINE TO WATCH MARILYN'S FULL SIT-DOWN INTERVIEW WITH SANDRA AT canadianliving.com/marilynqanda.**

MARILYN'S TRUE CONFESSIONS

1 She doesn't wake up at the crack of dawn; she wakes up *well before dawn*. "I get up at 3:30; I need time to wake up. I work from 5:30 to 9 on CHUM FM. Then, I go to hair and makeup for *The Marilyn Denis Show*, which airs live from 10 to 11, and I stay sometimes until 1 or 2. The day isn't long; it's just that the day is earlier than most people's. I go to bed at 7 or 7:30."

2 Her mom and dad delayed their plans to move to the U.S. "My parents wanted me to be Canadian, so they waited until I was born in Canada—I'm a July 1 baby, so I'm a true Canadian." A couple of weeks later, the family moved to Pittsburgh for dad's work (and he wanted to continue his education at Carnegie Mellon University).

3 Marilyn doesn't have the most adventurous sense of style. "Alexis Honce [who is also an expert on *The Marilyn Denis Show*] is my stylist. She understands I'm not really a dress person; I like to wear jeans. The plainer the clothes, the better! Accessorizing is difficult for me, so she'll encourage me to go into that world a bit more than I'm used to."



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CRUNCH ON



1 Don't be afraid of your fine china. Learn about it, love it and live with it. — **1976**

2 The foot of a vintage bone-china plate isn't glazed, so over time, it can scratch the surface of the plate beneath it. Place paper napkins between each plate as you put them away. — **1976**

3 Remove any lingering leaves from the lawn before the snow comes to stay; leaves can form a matting and smother the grass. — **1976**

4 Give your evergreens a thorough soaking just before the freeze-up. It can help reduce winter damage through desiccation and give them a healthier appearance over the long, cold winter. — **1976**

5 Logs for a wood-burning fireplace should dry out for six months before burning. Stack them loosely for air circulation with the bark side up. — **1979**

6 If you have trouble remembering people's names, try connecting the person and the name through association: Tom—tall; Lois—loud; Pat—pleasant. — **1980**

7 Once a bottle of perfume has been opened, store it out of direct sunlight to preserve its potency. — **1981**

8 Cats often seek warmth on top of the still-warm engine of a parked car. Bang hard on the hood before you start the vehicle to give the cat a chance to escape. — **1982**

Six-light crystal chandelier, \$300, canadianfire.ca (see tip #33).



Best advice ever!

40 timeless tips from the archives of *Canadian Living*

Throughout our anniversary year, we'll be dipping into past issues to share inspired ideas that are as fresh today as when they first hit the page.

Here are **four decades'** worth of wisdom from the November issues of *Canadian Living*.

9 Even if your hair is oily, it still needs moisture at the tips. Be sure to use a conditioner or a mask on the lengths and ends of hair, avoiding the scalp. — **1983**

10 The secret to success when arranging a tray of appetizers is to include a variety of colours, shapes, textures and flavours. — **1983**

11 Use masking tape to label and date all make-ahead meals you freeze. After they're frozen, many foods look alike. — **1987**

12 Eat before you drink at a holiday party, as a full stomach means slower absorption of alcohol. Alternate an alcoholic beverage with a nonalcoholic one, and don't have more than one boozy drink per hour. — **1987**

13 Never pierce a roast while it's cooking, since this releases the juices that keep it moist. Instead, turn it with wooden spoons or tongs. — **1989**

14 Live mussels can be refrigerated for up to 24 hours in an open container with a well-wrung-out wet towel over top. Mussels need air and moisture but must not sit in water. — **1992**

15 Play up high cheekbones with a sweep of rich colour along the cheekbone and up to the temple. — **1992**

16 Wondering how much food to make for a party? Count on six to eight single appetizers per guest per hour. — **1994**

17 To check if a boneless roast is cooked, insert a meat thermometer into the centre of the fleshiest part. Remove the roast from the oven when the temperature is five degrees below the desired doneness; the meat will continue cooking and reach the optimal temperature while it rests. — **1998**

18 When suiting up for an outdoor winter workout, choose a sweat-wicking

Offer a variety of party appetizers (see tip #10).



fabric for your base layer, add a fleece or wool layer to insulate, then top with a wind- and waterproof jacket. — **1999**

19 Banish summer and fall gear to the basement before winter gear moves in. You don't need four seasons' worth of stuff cluttering up your front hall. — **2000**

20 Store wet hats and mitts in a mesh storage basket or a rolling cart placed above the heating vent in your front hall. — **2000**

 **KNIT YOUR OWN PAIR OF COZY WOOL MITTENS BY USING OUR PRETTY MEDALLION PATTERN AT canadianliving.com/knitmittens.**

21 Herbal remedies may help treat symptoms of menopause. Try valerian to improve your sleep, black cohosh to ease hot flashes and St. John's wort to boost your mood. — **2000**

22 When framing artwork, use only acid-free matting (it's worth the extra money) and ask for glass with an ultraviolet filter to protect it from fading. — **2001**

23 To make your own bread crumbs, spread bread slices on a flat surface and let stand until completely dry and brittle. Break the bread into pieces and toss into a food processor or blender, then pulse until it's in fine crumbs. — **2001**

24 Increase the efficiency of your furnace (and save

on heating bills) by making sure heating and return-air vents aren't obstructed by drapes, rugs or furniture. Routinely remove the cover grilles from vents and vacuum out dust and pet hair. — **2002**

25 Lifting the lid of your slow cooker during cooking results in heat loss, which can extend the cook time by about 20 minutes per peek. Lift the lid only when checking for doneness or adding thickeners at the end. — **2004**

26 Always store a bar of soap on a wire rack or a self-draining soap dish to keep it from getting soggy and disintegrating as you use it. — **2005**

27 For hair with natural-looking waves, curl strands from mid-shafts to ends with a large-barrel curling iron. Use your fingers to separate the curls, then finish with a climate-resistant hairspray. — **2005**

28 Deep-clean your refrigerator every three months. Remove all food from the fridge; wipe out the interior with a solution of four cups of hot water and a quarter cup of baking soda. Rinse with a damp cloth, and dry with a clean towel. — **2007**

29 Cast iron absorbs grease from fatty foods, creating a patina that strengthens the seasoning and makes a natural nonstick surface

Make your eyes pop (see tip #35).

on the skillet. To season the skillet, rub the interior with a fat or oil with a high smoke point, then bake in a 300°F (150°C) oven for one hour. Repeat several times. If food begins to stick, reseason the skillet. — **2007**

30 Sunscreen isn't just for summer. UV rays bounce off of snow and can strike exposed skin from all angles. — **2007**

31 Give your dining chairs a dual role and use one or two as accent pieces in other rooms when not in use. — **2007**

32 Vertical-striped wallpaper makes a room's ceiling appear higher, especially when used above wainscotting. — **2007**

33 To determine the correct diameter of a dining-room chandelier, add the length plus the width of the room, then convert the total from feet to inches. (For example, for a 14- by 12-foot room, add 14 plus 12. Your chandelier should be approximately 26 inches wide.) Hang it 32 to 34 inches above the table. — **2007**

34 Season your food with hot peppers when you have a cold. The capsaicin in peppers can help open and drain congested nasal passages. — **2008**

 **WE COUNT DOWN THE TOP 10 HEALTH-BOOSTING HERBS AND SPICES AT canadianliving.com/healthyspice.**

35 To create the illusion of brighter eyes, apply an iridescent hue to the inner corners of the eyes, next to the tear ducts. — **2009**

36 A food package's claim of "reduced salt" isn't the same as "low in salt." To be "low in

salt," a food must contain 140 milligrams of sodium or less per serving, while "reduced salt" simply means it has at least 25 percent less salt than a previous formulation. — **2011**

37 To make a ceiling seem higher, paint your baseboards, walls and crown moulding the same colour. — **2012**

38 If watching TV is the primary activity in your living room, it's silly not to embrace it. Work the screen into your decorating scheme by adding touches of black or dark grey elsewhere in the room with accessories such as picture frames, lampshades, curtain rods and side tables. — **2012**



Layering up will help keep you warm (see tip #18).

39 Always measure the distance between the chair seat and the tabletop when you're combining a mix-and-match dining set. Aim for a clearance of about 10 inches. — **2013**

40 Wherever you can over the holidays, replace real candles with battery-operated LED models. — **2014**

 **IS THERE A PARTICULAR TIP FROM A PAST ISSUE OF CANADIAN LIVING THAT YOU'VE NEVER FORGOTTEN? WE'D LOVE TO HEAR FROM YOU AT CL40th@canadianliving.com.**

Keep fragrances out of direct sunlight (see tip #7).





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STYLE

WINTER-COAT ROUNDUP

| HOW TO WEAR KNEE-HIGH BOOTS

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Earthly Delights

Stow your bright lipsticks and glittering nail decals—'90s-inspired neutrals are back.

BY ANDREA KARR

THIS SEASON, sumptuous chocolate and caramel shades are taking over the runways and the beauty aisles. The trend is best exemplified by celebrities such as Drew Barrymore and Jennifer Aniston, who, in the '90s, paired matte skin with brown tones on the eyes, lips and nails. "Drew Barrymore wore dark-brown lipstick, and it looked incredible against her light skin," says Genevieve Meneyan, Estée Lauder national makeup artist.

Modernize today's neutral palettes by focusing on your skin. CoverGirl makeup pro Veronica Chu recommends skipping bronzer and, instead, "strobing" by softly highlighting your face with luminizer on the cheekbones, the bridge of the nose and the Cupid's bow of the lip. The result? Flawless skin and a softly glowing complexion. Add taupe eye-shadow and umber lipstick to make the earth-tone trend feel brand new again for 2015. ▶

PHOTOGRAPHY, MARIE RAINVILLE; HAIR AND MAKEUP, ANIYA NANDY/ARBONNE/PLUTINO GROUP

“Janet Jackson came out with her ‘That’s the Way Love Goes’ video in 1993 and exposed the masses to this neutral, softly contoured face.” — *Veronica Chu*, CoverGirl makeup pro



Bobbi Brown Lip Pencil in Bobbi, \$27, bobbibrown.ca.

eyes

CHESTNUT EYESHADOWS are a staple in many makeup bags for good reason: They accentuate eye colour (especially blue) and complement all skin tones, as long as those with cool skin tones stick to grey or rosy browns and those with warm skin opt for copper or golden-brown shades. Apply a satin shadow on your lid, then place a dark brown in the crease and blend upward onto the orbital bone. Brush a lighter, shimmery colour on the brow bone and into the inner corner. To look more alert and to keep your peepers from appearing red, define your eyes with black mascara and eyeliner. “Smudge a dark pencil at the roots of the lashes,” says Meneyan, “or use a thin line of liquid or gel liner to create a sharp, clean line.”

Bourjois Paris Smoky Eyes Trio in Mordoré Chic, \$27, shoppersdrugmart.ca.

Annabelle Stay Sharp Metallic Waterproof Kohl Eyeliner in Bronzy, \$10, annabelle.com.

Benefit They’re Real! Push-Up Liner in Beyond Brown, \$31, sephora.ca.

Estée Lauder Pure Color Envy Eye Defining Singles in Brash Bronze and Amber Intrigue, \$28 each, esteelauder.ca.



Genevieve Meneyan, Estée Lauder national makeup artist

lips

ANYONE CAN WEAR brown lipstick—yes, even you! It’s just a matter of finding the shade that works best with your skin tone. If your skin has cool undertones, choose a rosy brown; if you have golden skin, try a colour that mimics your complexion. Dark lipstick is easier to pull off when you have full lips or dark skin, so if your lips are thin or surrounded by fine lines, stick to light or medium shades. “Dark lipstick is like wearing black,” warns Meneyan. “It’s very slimming and can look severe.” To make lips appear plump and prevent dryness, apply gloss or balm before lipstick.

Lise Watier Rouge Sublime Lipstick in Ginger, \$23, lisewatier.com.

Marc Jacobs Beauty Enamored Hi-Shine Lip Lacquer in Taboo, \$34, sephora.ca.

M.A.C Cosmetics Lipstick in Antique Velvet, \$20, maccosmetics.ca.

PRO TIP: To find your best lip shade, look into a mirror with a few lipsticks near your face to see if they flatter your skin and eyes. Once you’ve found options you like, try them on your lips. “It blows my mind when I see women putting lip colour on their hands,” says Meneyan. “It’s like looking at a dress and buying it because it looks great on the hanger.”

CoverGirl Outlast Stay Brilliant Nail Gloss in Toasted Almond, \$8.50, covergirl.ca.

nails

INSTEAD OF A CLASSIC red or pinkish nude polish, try medium-brown or chocolate shades. Though earth tones can look beautiful and flattering on the hands, it’s important to keep a couple of things in mind. “The brown has to contrast with the skin,” says Chu. “Choosing a shade that’s an exact match will make your hands look too neutral and washed out.” Try a polish that’s two shades lighter or darker than your skin tone. Meneyan also suggests creamy or shiny finishes. “Matte-brown polish isn’t flattering, especially if you’re not in your 20s and don’t have perfect hands,” she says. Elevate earth-tone nails further by adding shimmer with a sheer gold topcoat.

CND Vinylux Weekly Polish in Field Fox, \$12, cnd.com.

Essie Nail Polish in Partner in Crime, \$10, essie.ca.

WONDERING HOW TO TAKE BROWN MAKEUP FROM WORK TO PLAY? VISIT canadianliving.com/earthtones.

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Bohemian Rhapsody

This utilitarian cold-weather staple isn't just a weekend essential; wear it with flowing fabric and satin finishes for a night out. Jacket, \$99, and hat, joefresh.com. Sweater, \$60, gapcanada.ca. Skirt, \$35, winners.ca.





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Coats with fringe.
Coats with belts.
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the best of this
season's cold-weather
toppers. Now, pick
the one that works
best for you.

coat CHECK

BY JULIA MCEWEN
PHOTOGRAPHY BY EVAAN KHERAJ

HAIR BY NINA FARRAUTO/REDKEN/PLUTINO GROUP
MAKEUP BY SHERI STROH/GREENBEAUTY/PLUTINO GROUP

SHOT ON LOCATION AT TORONTO BOTANICAL GARDEN



Fringe Theory

When the temperature drops, it's what's on the outside that counts. If you don't want to invest in a new coat, try updating an existing outerwear piece by layering a blanket scarf or a fringed shawl over top.

Shawl, \$350, mackage.com.

Jacket, \$425, aritzia.com.

Sweater, \$365, jcrew.com.

Thanks to the full-on '70s renaissance, the fringe trend is swinging harder than ever.

White Hot

Practical? Not entirely. Impeccably chic? Absolutely! A white coat may not be your everyday winter warmer, but bundling up in a luxurious snowy robe-style coat for special occasions is the ultimate in winter elegance.

Left: Wool coat, \$619, tedbaker.com. Top, \$70, hm.com/ca. Leggings, \$138, ilovetylermadison.com. Gloves, rudsak.com. Shoes, ronwhite shoes.com. Right: Baby-alpaca coat, \$1,800, sentaler.com. Dress, \$275, lineknitwear.com. Gloves, rudsak.com. Bag, marshallscanada.ca. Boots, winners.ca.

These romantic robe-style cloaks are especially opulent (and feel amazing) when made with natural fibres such as cashmere or alpaca.



Touchable Texture

Want to add texture to your topper without looking like a Muppet? Embrace the chill in a touchable way with the slightest bit of a fuzzy finish. We love a fluffy wool-blend coat in a balmacaan or classic menswear style.

Left: Plaid coat, \$196, anntaylor.com. Sweater, \$114, provinceofcanada.com. Skirt, \$40, and shoes, marshallscanada.ca.

Tuque, mackage.com. Gloves, hm.com/ca.

Right: Coat, \$595, clubmonaco.ca. Sweater, \$295, lacoste.com. Skirt, \$70, rw-co.com. Bag, wantessentiels.com. Booties, hushpuppies.ca.

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Camel Lot

Shades of camel make any topper—from trench to parka—look luxe, no matter the price point. Bonus: It's a colour that plays nice with just about every other shade, finish and pattern.

Coat, \$350, winners.ca.
Shirt, \$60, gapcanada.ca.
Skirt, \$80, marshalls.ca. Gloves, clubmonaco.ca.

 NEED MORE WINTER COAT GUIDANCE? CHECK OUT 15 PUFFER JACKETS THAT WON'T MAKE YOU LOOK LIKE A MARSHMALLOW AT canadianliving.com/puffercoats.

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Steer clear of hefty Michelin Man silhouettes. Instead, look for strategically placed quilting in your puffer, which helps streamline the look.

Subzero Style

The best antidote to bone-chilling temperatures?

An extremely warm coat. Thankfully, designers have recognized that form and function don't have to be enemies. We're smitten with this classic lumberjack check and the icy-grey puffer coat with flattering chevron detailing.

Left: Coat, \$148, gapcanada.ca. Jeans, \$150, aritzia.com. Marc Jacobs sunglasses, shop.nordstrom.com. Tuque and gloves, mackage.com. Right: Freed buffalo-plaid coat, \$845, sportinglife.ca. Leggings, \$138, ilovetylermadison.com. Boots, sorel.com.

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FIVE MINUTES WITH

Rebecca Minkoff

ESSIE GLOBAL COLOUR DESIGNER

When Essie Weingarten, founder of beloved Essie nail polish, transitioned to a consulting role, the brand turned to fashion designer Rebecca Minkoff for shade direction. Best known for her trendy and affordable handbags, Minkoff has stepped seamlessly into her new position, bringing a fresh approach to colour for the many limited-edition polish collections Essie launches each year. Here, Minkoff shares her memories, inspiration and style tips. — *Andrea Karr*

What's your best Essie memory?

I used Clambake [an orange red] as one of my wedding colours. I've always liked persimmon, and after I got engaged, I was researching and learned that you need a colour and a theme. Clambake was the shade that stood out for me.

What was the inspiration for the winter collection? Park City, Utah. The collection is a mix of icy colours—like the sun hitting the snow and making it look purple—

and fire tones, where you're sitting around drinking hot chocolate after a day of skiing. I also wanted to do a rainbow metallic, because it's beautiful when the city lights hit the mountain.

What's the best fashion or beauty tip you've learned from an important woman in your life? Eva Chen [former *Lucky* editor-in-chief and new head of fashion partnerships at Instagram] taught me to layer skin-care products. I didn't

(From top)
From the winter collection: Essie in Haute Tub, Shall We Chalet and Virgin Snow, \$10 each, essie.ca.



Rebecca Minkoff clutch, \$295, holtrenfrew.com.



Minkoff's favourite piece from her fall runway show.

understand why she used so many, but now, as someone who's getting older, I'm, like, "Oh, there's a reason." I'm in a phase where I'm trying a lot of new things—new creams, new serums.

Your fall fashion collection had a bohemian rock-star vibe. How can the average woman try the trend without looking tacky? Pick an element you want to be the standout piece, then surround it with subtler pieces. Don't wear platform shoes and bell-bottoms and a fringed jacket. You have to be confident in what you're wearing. If you're not, people can read that.

WARDROBE ESSENTIAL



To elongate legs, wear matching shoes and tights.

Tights, \$10, secretlegwear.com.

SEASON STRETCHER

Don't pack up your favourite dresses and shorts for winter. This season, tights are finally having a moment. Match your tights to your shoes or knee-high boots for a leg-lengthening monochromatic look, or add extra detail to your outfit with patterned wool tights in black or rich fall tones such as burgundy, grey or navy. It's a budget-friendly way to stay warm and on trend!

Hue patterned tights, \$15, thebay.com.

PHOTOGRAPHY: LIANNA TARANTIN (MINKOFF); GETTY IMAGES (RUNWAY); KEVIN WONG (NECKLACE)

TRENDING

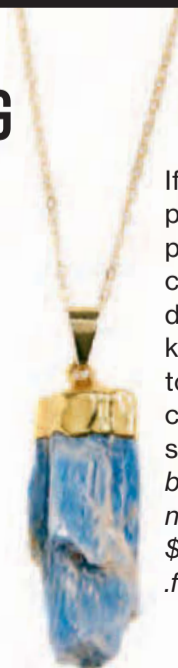
JEWELLERY WITH MEANING

Throughout history, we've endowed certain items—rabbit's feet, four-leaf clovers, horseshoes—with the ability to bring us good fortune. And now, there are stylish, subtle ways to include talismans in your wardrobe. Do the charms actually work? Who knows? But a piece of jewellery with meaning attached makes a thoughtful, pretty gift.

Gain a little extra protection with an evil-eye talisman, which shields the wearer from harm and hateful wishes. Duo evil-eye bangle, \$99, swarovski.com.

If you're a performer or a public speaker, consider donning a blue kyanite stone to improve communication skills. Kalba blue kyanite necklace, \$89, standingo.format.com.

Wear this Alex and Ani bangle to give you courage and a spirit of adventure in times of change. Sailboat bangle, \$34, alexandani.com.





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Knee Deep

Take on the chilly transitional weather in style by stepping into this season's must-have footwear: the knee-high boot. Here are four chic ways to rock the trend.

BY JULIA MCEWEN

Blast From the Past

Play up the '70s vibe by choosing retro silhouettes, such as a suede miniskirt and a fitted turtleneck in toasty hues of tan or cognac.

Necklace, \$16, joefresh.com. Skirt, \$90, lechateau.com. Hat, \$30, aldoshoes.com. Turtleneck, \$60, hm.com/ca. Bag, \$120, aldoshoes.com.

A Cut Above

Transition your summer culottes into fall by pairing the mid-calf trouser with a tall pair of boots. Keep the look feminine and flattering by wearing a block heel of at least three inches.

Top, \$60, additionelle.com. Topshop jacket, \$273, thebay.com. Pants, \$240, tedbaker.com. Bag, \$215, bananarepublic.ca.

THE TREND

Embellished suede knee-high boots, \$180, aldoshoes.com.

Shabby Chic

Movie night with the hubby? Throw on your favourite cozy knit poncho and tuck your skinny jeans into an embellished pair of knee-high boots.

Top, \$85, tristanstyle.com. Scarf, \$85, aritzia.com. Jeans, \$138, guess.ca. Earrings, \$85, hillbergandberk.com. Poncho, \$395, linethelabel.com.

Graphic Impact

Take away the "night out" element by pairing these boots with a mid-length striped dress, a drapey vest and an oversize tote bag.

Bag, \$145, tristanstyle.com. Bracelets, \$10 per set of eight, joefresh.com. Vest, \$185, bananarepublic.ca. Earrings, \$10, hm.com/ca. Dress, \$70, lechateau.com.

Skip the statement jewellery; instead, wrap yourself in a blanket scarf.

"My favourite ways to wear tall boots are over jeans, paired with a miniskirt or teamed with layers of knitwear."

— JULIA MCEWEN, FASHION & BEAUTY DIRECTOR

Fall Trends DECODED

Advertorial

Photo: Andreas Trauttmansdorff



Lynn Spence
Style & Fashion Expert

Fashion & Style Expert Lynn Spence on how to wear Fall's best looks.

Building a functional Fall wardrobe is effortless with these go-to styles from Olsen. From work to weekend it's easy to add the right silhouette and luxurious texture to your look.

How can I update Tweed?

Lynn's Fashion Fix:

"Tweed is such a timeless look. To modernize it, pair a tweed dress with a statement accessory, like an oversized necklace. For a more casual feel, go for a versatile tweed ruana wrap and wear it over a skinny pant."



What's the best way to layer knits?

Lynn's Fashion Fix:

"Chunky sweaters are fabulous – opt for more fitted underpinnings for a sleek look. Consider a silky top for an unexpected combination of textures."



Can I wear horizontal stripes?

Lynn's Fashion Fix: "You shouldn't be afraid of horizontal stripes. Don't go crazy with colour and stick with shades like black and white. A smaller stripe is most flattering for any body type."



olsen

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MASK MASK CRUSADERS

The new crop of at-home face treatments just might be your secret weapon for plump, hydrated, radiant skin.

BY JULIA MCEWEN

Remember the mayonnaise-mask craze from the '70s? At-home masks have come a long way from those wacky DIY versions. Not only is the new crop of treatments more potent than its predecessors—thanks to refined formulations and active ingredients—but they're also less messy and easier to use. Enter the new(ish) kids on the block: sheet and sleep masks, from the skin care-obsessed South Koreans.

The sheet mask—a one-use serum-soaked, individually packed fabric mask made of cotton or silk cellulose—has been a skin-care fixture in Asia for more than a decade. The cloth helps hold nourishing ingredients, requires no rinsing postapplication and delivers radiant, hydrated skin in only 10 minutes. “It’s become so popular in Canada because it’s an affordable, effective,

quick skin treatment,” says Katrine Gouron, brand communications manager at The Face Shop Canada, a South Korea-based skin-care and cosmetics manufacturer and retailer with locations across Canada. The Face Shop Canada offers 41 types of sheet masks, ranging from \$2 to \$12.

Not to be confused with satin eye covers for transatlantic flights, sleep, or “sleepover,” masks are made of gel and cream, and they work with your skin’s natural night rhythm. “Gone are the days of grandma’s beauty routines, where you’d give your hair 100 brushstrokes and put on your cold cream and towel turban,” says Katie Rattray, international trainer for Éminence Organics. Sleep masks take no longer to apply than night cream. As you snooze, your skin drinks in a potent cocktail of skin-plumping hyaluronic acid and complexion-firming peptides. By morning, you’ll look fresh, hydrated and glowing.

So is it time to toss your traditional cream or gel mask? Of course not. Those tried-and-true formulas can be just as effective—provided you actually use them. “You can never mask enough,” says Rattray. **Q**



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TRADITIONAL MASKS

Charlotte Tilbury Goddess Skin Clay Mask, \$80, charlottetilbury.com.

Fresh Limited-Edition Rose Face Mask, \$72, sephora.ca.

Éminence Organics Eight Greens Phyto Masque, \$52, eminenceorganics.com.

Caudalie Moisturizing Mask, \$39, sephora.ca.

FarmHouse Fresh Pudding Apeel Tapioca + Rice Active Fruit Glycolic Mask, \$30, farmhousefreshgoods.ca.

If acne plagues your complexion, try a **clay mask**. It draws sebum and impurities from pores and is anti-inflammatory. To avoid dehydrating your skin, don't leave it on for more than 10 minutes.



SLEEP MASKS

AmorePacific Moisture Bound Sleeping Recovery Masque, \$72, sephora.ca.

Estée Lauder Nutritious Vitality8 Night Radiant Overnight Creme/Mask, \$75, thebay.com.

Lancôme Paris Hydra Zen Masque Anti-Stress Moisturizing Overnight Serum-in-Mask, \$80, lancome.ca.



SHEET MASKS

Patchology Hydrate FlashMasque Facial Sheets, \$60, murale.ca.

Look Beauty Masque Bar Brightening Sheet Mask, \$10, shoppersdrugmart.ca.

Skyn Iceland Hydro Cool Firming Face Gels, \$39, murale.ca.

The Face Shop Hydro Gel Mask Sheet Vita C, \$3, thefaceshop-america.com.

Yves Rocher Anti-Age Global Complete Anti-Aging Mask, \$16, yvesrocher.ca.



Looking for gentle exfoliation? Try a **mask with alpha hydroxy acids or enzymes**. Check for formulations with glycolic and lactic acids, and fruit enzymes such as pineapple, papaya and grapefruit.

How to get the most from your mask

Clean slate

There's no point in giving skin a jumbo dose of nourishment if it can't soak in all that goodness. "Cell turnover is about 28 to 45 days, and it slows as we age," says Katie Rattray, international trainer for Éminence Organics. That means exfoliating and cleansing before masking to clear away skin cells and dirt.

Spot-treat

Nourishing masks needn't be reserved for your face, says Anna Vouyioukas, esthetician at Miraj Hammam Spa by Caudalie at Toronto's Shangri-La Hotel. She recommends using a mask on elbows, feet and any dry patches.

Cool it

Chilling treatments such as foot and undereye masks can enhance their efficacy and the experience. "We suggest placing treatments in the fridge an hour prior to use," says Katrine Gouron, brand communications manager for The Face Shop Canada.

In-shower booster

Give yourself an express facial in the shower. While you're letting your conditioner set, put your mask on. Some masks work better when they're applied in a steamy environment so that ingredients remain active longer, says Rattray.

Neck of time

Your neck and décolletage should get as much time with moisturizers, serums and masks as your face. "Don't neglect those zones," says Kyla Garritano, owner of Caryl Baker Visage Yorkville in Toronto. "They're aging at the same rate as your lips and eye area."

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YOUR SLUMBER NUMBER

HOW MUCH DO YOU
NEED? P. 40

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SLEEP AIDS

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SNOOZE ANYWHERE

CATCH ZZZ'S WHEN
YOU'RE AWAY P. 48

Sleep Like You Mean It

Struggling to get your snooze on?
Check out our guide for getting the rest
you need, when and how you need it.

PHOTOGRAPHY: LUMINA/STOCKSY UNITED

Find your sleep sweet spot

You've heard you need a solid eight hours of shut-eye every night, but you swear you're good with six. Your spouse, meanwhile, is grumpy without a generous nine hours. So how much sleep do you really need?

Read on to find out.

BY LISA MESBUR



Yet again, you spent the night tossing and turning, and now you face the day feeling tired and cranky. What's going on inside your body isn't great, either, explains Tara Maltman-Just, pharmacist and executive clinician at Vitality Integrative Medicine in Winnipeg.

"Your sleep-wake cycle affects a lot more than just your energy throughout the day," she says. "It affects your immune function, your blood sugar. In fact, too much sleep or too little sleep can decrease life expectancy." We've all heard that adults need seven to eight hours of sleep each night, but that's an average—some of us need more, while others are fine with less. How can you find your perfect number on the sleep spectrum?

ADD MORE HOURS

The first clue may be how you talk about it. "When people say they can 'get away with' a certain number of hours of sleep, they're admitting they're not getting enough," says Dr. Charles Samuels, founder and medical director at the Centre for Sleep and Human Performance in Calgary. "It means they know how much sleep they need to feel well rested on a daily basis, but they're not getting it."

Another sign: feeling bad-tempered or foggy-brained. Patience and clear thinking are often the first things to go in sleep-deprived individuals. "People become more irritable and inattentive," says Dr. Samuels. "The less rested you are, the less creative your thinking can be."

And if you've got the urge to eat, you might need a siesta, not snacks. "As we shorten the sleep we need, it increases the appetite for calorie-dense foods," explains Dr. Samuels. "It contributes to the onset of weight gain and poor weight control."

TOO MUCH OF A GOOD THING

On the flip side, if you regularly spend the bulk of your free time snoozing, you might be sleeping more than you should. Oversleeping can be an indication of a host of other health problems—hypothyroidism and mood conditions such as depression, chronic fatigue and fibromyalgia—all of which require treatment.

Of course, there are times when additional sleep is necessary—like when your body is recovering from illness or surgery. "In those cases, it makes sense to have more sleep," says Maltman-Just, "to allow the body to rest and heal." Bottom line? If you constantly feel the need to oversleep

but aren't sure why, talk to your doctor to address any underlying issues.

The trick is to find your own happy medium—the number of hours of sleep needed to wake up rested and refreshed. If a restful vacation helped you realize you need eight hours of shut-eye per night and you're only clocking five, try these simple strategies to increase your total number of hours of zzz's.

• Keep a sleep diary

Recording your sleeping and waking times in a diary—as well as your meals, exercise habits and caffeine and alcohol intake—is a helpful tool for improving sleep quality, according to Dr. Harvey Moldofsky, director of research at the Centre for Sleep and Chronobiology and president of the Toronto Psychiatric Research Foundation. The logic: A diary can provide clues as to why you might be undersleeping and, by extension, potential lifestyle changes to promote better sleep.

• Think weekly—not daily—totals

If you're not getting your ideal number of hours of sleep every night, don't fret. "We always go on total number of hours of sleep per week," says Dr. Samuels. "People need 50 to 60 hours of sleep per week; try to get close to that." His suggestion: Keep your weekly sleep debt down with strategic naps, sleep-ins of up to one hour and consistent bedtimes throughout the week.

SLEEP STAT

ROUTINELY FALLING ASLEEP IN LESS THAN FIVE MINUTES MEANS YOU'RE SLEEP-DEPRIVED—IT SHOULD TAKE ABOUT 10 TO 15 MINUTES TO DRIFT OFF.

• Aim to sleep later

Although you might be tempted to go to bed earlier to gain extra hours of slumber, you'll be better served by adding time to the end of your nightly sleep cycle whenever possible. "The way the brain likes to sleep is going forward," notes Dr. Samuels. "So maintain your bedtime—maybe turn in half an hour earlier—and then add to the other end, up to an extra hour." If your work schedule prevents sleeping in, try to get an extra hour of sleep on Saturdays and Sundays. If your sleep is so poor that you routinely get less than 50 to 60 hours a week, see your doctor. ♦

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While daily physical activity is great, you'll sleep much better if you finish your workout at least three hours before your bedtime to allow the stimulating effects of exercise to dissipate.

LATE-NIGHT MEALS

Nix late-night meals, which may interfere with your ability to sleep soundly, and give your body a rest from digestion. Try to finish supper at least three hours before you turn in for the night, and keep any bedtime snacks on the light side.

ALCOHOL CONSUMPTION

"Alcohol first induces sleep because it's a sedating compound," says Dr. Charles Samuels of Calgary's Centre for Sleep and Human Performance, "but then it disrupts sleep because the alcohol leaves the system very quickly." He adds that the depressant also suppresses REM, or dream, sleep, which the body needs to repair itself. If you have a drink with dinner, however, it will likely clear your system by bedtime, so it shouldn't affect your sleep cycle.

SCREEN TIME

Staring at your computer, tablet or smartphone until lights-out can curtail your ability to doze off (interestingly, watching TV is fine, as long as it's not done in bed). The light from these devices suppresses the release of sleep-inducing melatonin from our brains, and the stimulation from games, emails and social media keeps our brains active. For best sleep, turn off devices three hours before bedtime and keep all screens out of the bedroom. — LM

EASY DOZE IT

They might not all be scientifically proven, but some people swear by these methods of falling asleep. Why not give 'em a shot? (You can thank us in the morning.)

BY LISA MESBUR

1

Herbs such as chamomile and lavender have been used as sleep aids for centuries. Be sure to check with a trained health-care practitioner to find out which herbs will work best for you.



Reverse psychology may help you doze off faster. Simply lie in bed in the dark—no screens, television or other stimuli allowed—and try to keep your eyes open for as long as possible.

3

A small snack before bed of steel-cut oats, turkey, pumpkin seeds, bananas, milk, tart cherry juice or barley is thought by some to promote sleep.

4



A hot shower or bath can induce a "mini hibernation" state, triggering your body to prepare for slumber.

5

Relaxation techniques such as deep breathing, room-temperature yoga, meditation and creative visualization help calm the mind and prepare it for rest.





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Some people can't stomach the sight of dandelions in the lawn.

Interestingly enough, the dandelions we harvest from wild meadows in places like Poland help treat digestive disturbances.

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SLEEP STAT

IN MEN'S DREAMS, ABOUT 70 PERCENT OF THE CHARACTERS ARE MEN; WOMEN'S DREAMS ARE POPULATED EQUALLY BY BOTH GENDERS.

Bouncing back from a bad sleep

Whether brought on by sick kids or the stress of a looming deadline, restless nights happen. Fortunately, it's possible to eat, drink and rest your way back from a rough night. Here's how.

BY LISA MESBUR

CHOOSE THE RIGHT FOODS

Why does that doughnut look so very good when you're so very tired? "Sleep restriction has been clearly shown to increase appetite for calorie-dense foods," says Dr. Charles Samuels, founder and medical director at the Centre for Sleep and Human Performance in Calgary. Tara Maltman-Just, pharmacist and executive clinician at Vitality Integrative Medicine in Winnipeg, agrees. "After a night or two of sleep deprivation, we tend to go for things that will give us that instant energy surge: sugar, energy drinks, coffee, even carbohydrates," she says. "However, we'd be best served over the course of the day by making sure we're balancing each meal or snack with protein and a healthy fat."

If you're struggling to keep your eyes open, enjoy eggs with veggies for breakfast or a salad with nuts and avocado for lunch. That way, says Maltman-Just, "you give your body continuous good-quality energy that will release gradually."

GET TO KNOW JOE

As caffeine-crazy Canadians, many of us can't get by without our morning (and afternoon) cups of joe. But consuming too much caffeine makes it less effective—even when we need it most, like after a long night spent tossing and turning.

To keep your brew working for you, reduce your daily caffeine consumption to one or two cups of coffee in the morning, says Dr. Samuels. "Then, interject caffeine where required," he says. "For instance, if you're sleep-deprived and need to be awake for a meeting that afternoon, that's the time you would use caffeine."

NAB A NAP

Add some force to that caffeine kick by adding a 15- to 20-minute nap after you've downed a cup. "A nap is far more effective than caffeine, and a nap plus caffeine is most effective," explains Dr. Samuels. Because caffeine's alertness-boosting effect takes 30 to 60 minutes to peak, drinking a cup of coffee before snoozing will provide the benefits of a rejuvenating short stretch of sleep as well as a natural limit to the nap. ☐

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A Dose of Rest

When you're bone-tired and searching for quick relief, over-the-counter sleep aids might seem like a great idea, but experts caution to consume them with care. Here's how to safely navigate the drugstore aisle.

BY LISA MESBUR



GET EXPERT ADVICE

Regardless of which OTC sleep aid you're considering, consult with a health-care practitioner. "Most people self-medicate," says Dr. Harvey Moldofsky, director of research at the Centre for Sleep and Chronobiology and president of the Toronto Psychiatric Research Foundation. "They go to the pharmacy and see all kinds of sleep aids, but they don't know that some of them can create problems."

In fact, numerous OTC sleep aids can have side-effects, including interactions with other medications. "Melatonin can interact with antidepressants," says Tara Maltman-Just, pharmacist and executive clinician at Vitality Integrative Medicine in Winnipeg. "Another common sleep aid contains an antihistamine that causes drowsiness; it should be avoided by people with narrow-angle glaucoma."

Even traditional sleep-promoting herbal remedies may have side-effects. "Calming herbals such as passionflower, lemon balm and valerian may be of benefit," says Maltman-Just, "but you should talk with a trained health-care professional to find what's best for you."

USE THEM SPARINGLY

No matter the OTC sleep aid you choose, they're not intended for long-term or frequent use. If you consistently pop a pill to get some shut-eye, you may find that your usual dosage is no longer as effective as it once was—or that you can't get to sleep without it. "If you have to use OTC sleep aids for more than one or two weeks, it's time to look deeper," says Maltman-Just.

Dr. Moldofsky agrees: "Sleep aids have both immediate positive effects and negative effects. If you're getting into a habit, they're causing you harm."

TREAT THE CAUSE

If you're regularly using an OTC sleep aid, you're treating a symptom of an underlying health issue, not the cause—and it's crucial to get help. "Sleep disturbance can be a sign of depression or anxiety, sleep apnea and hormonal imbalance in PMS, menopause and andropause," notes Maltman-Just. ♦

JAGGED LITTLE PILL

Worried about taking a prescription sleep aid? Find out when to rest easy and when to be wary. BY LISA MESBUR

DON'T WORRY

If you don't like the idea of taking sleep aids, remember that if your doctor has prescribed one, there's generally a good reason. Most doctors follow established guidelines for prescribing sleep aids, and they're aware of best practices for treating sleep disorders. "We don't ever recommend the indiscriminate use of medication for sleep problems," confirms

Dr. Charles Samuels, founder and medical director at the Centre for Sleep and Human Performance in Calgary. "Short-term use of a sedative/hypnotic is what's recommended, in combination with a behavioural management program. We define short-term use as 10 to 14 days and, after that, intermittent use as one to two days a week."

BE CAUTIOUS

If your doctor isn't monitoring your sleep-aid use closely, or

if your dosage is increasing, it's time to seek out a sleep specialist. According to Dr. Samuels, family physicians might not always have the expertise to know when long-term use has become dependence or when a patient requires more detailed care. Another red flag: not receiving treatment for the health issues behind the sleep disturbance. "There are good sleep aids, but they're for short-term use," says Dr. Harvey Moldofsky, director of research at the

Centre for Sleep and Chronobiology and president of the Toronto Psychiatric Research Foundation. "If you're developing dependence, then you're not dealing with whatever is causing the problem." Examples of underlying conditions that may affect the quality and number of hours of sleep include sleep apnea, restless legs syndrome and unresolved emotional problems, such as anxiety or a major depressive disorder.

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SLEEP STAT

A NEW PARENT TYPICALLY
LOSES 1,056 HOURS, OR
44 DAYS, OF SLEEP DURING
BABY'S FIRST YEAR.

How to sleep anywhere

These strategies help well-travelled (and well-rested)
Canadians snooze soundly away from home.

BY JILL BUCHNER

ON A PLANE

Dress for rest “Wear comfortable, nonconstraining clothes,” says Toronto’s Dian Emery, frequent flyer and managing editor of girlsgetaway.com. Some must-have items: a sweater or warm pashmina and an eye mask.

Think accessories A scarf, a shawl or a sweater keeps you warm and can be used as a blanket or a pillow. Arienne Parzei, Toronto-based travel writer, videographer and photographer behind the blog seeyousoon.ca, advises sticking a shawl between your lower back and the seat for support.

Tune out Parzei trusts in earplugs when she travels. “As a light sleeper,” she says, “any noise I’m unfamiliar with can

easily wake me.” Or download a podcast or a soothing playlist before you board, and listen using good-quality noise-blocking headphones. Says Emery: “Anything that gets you focused on something other than the fact that you’re sharing very cramped sleeping quarters with a few hundred passengers is a good thing.”

AT A HOTEL

Make it familiar “Nothing makes sleeping in a new bed easier than having your own pillow,” says Parzei. If that’s not possible, Dr. W. Jerome Alonso, medical director of Calgary’s Canadian Sleep Consultants, suggests training your brain to associate your hotel room with sleep. “If you

can’t fall asleep after 20 to 30 minutes,” says Dr. Alonso, “get out of bed and wait till you’re sleepy again so you can constantly associate sleepiness with your new environment.”

Stick to routine Do you read before sleep at home? Do it when you’re away, too, says Parzei. Keeping to your usual bedtime rituals should help cue your body to doze off.

FOR JET LAG

Brighten up Get plenty of natural light at the start of the trip, says Emery, to teach your body when to stay awake. If you arrive at night, try to get some sleep to adjust your body to the new time zone.

Drink it in Dehydration intensifies jet-lag symptoms. Parzei

swears by drinking lots of water to combat this effect.
Plan on it Shift your bedtime toward your new schedule *before* your trip. It’s useful to create a compromise between your new time zone and your schedule at home, says Dr. Alonso. Your internal clock can only change to an earlier time of up to 15 to 30 minutes per day, or a later time of up to 30 minutes per day, and that’s with the help of interventions such as melatonin and light therapy, explains Dr. Alonso, so give your body plenty of time to prep for a new time zone.

WHEN CAMPING

Boost your blow-up Put sheets on your air mattress to make it more comfortable—even if you’re laying a sleeping bag on top, advises Jen Whalen, a Banff, B.C., seasoned camper and co-owner of thecampsiteblog.com. And keep duct tape on hand for any air leaks. “There’s nothing worse than the dreaded 3 a.m. sink to the centre,” she says.

Seek natural comfort Seek a level, nonrocky spot for your sleep pad. Alannah Gamblin-Jensen, Whalen’s partner, often adds a couple of soft evergreen tree boughs under her sleep mattress to elevate her off the hard ground.

Put a lid on it Wear your tuque to bed to keep your ears warm and block out sound, says Gamblin-Jensen, “because nothing is worse than hearing mosquitoes buzzing around your head.”

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DO NOT DISTURB

Create the perfect retreat for a sound sleep.

BY JILL BUCHNER

Sometimes, the slightest distraction can throw off your sleep: a lumpy bed, a crack of light, a buzzing phone. But according to Dr. Mark Boulos, sleep neurologist at Sunnybrook Health Sciences Centre in Toronto, there are simple ways to set yourself up for sleep success.

GO OUT LIKE A LIGHT

To sleep well, your brain needs darkness. Even a little light can send a signal from your eyes to your hypothalamus, promoting wakefulness. Dr. Boulos suggests installing blackout blinds or room-darkening curtains to keep light out. Choose a size that will fit snugly on your window so light doesn't seep through the edges.

MAKE A BLISSFUL BED

The right mattress and pillow can make all the difference, but what makes one bed more slumber-worthy than another is mostly a matter of personal preference, says Dr. Boulos. Try different pillows and mattresses to find what feels best for you—and don't forget to account for your sleep


mate. "If your partner tosses and turns, you may want to get a larger mattress that doesn't transmit movement as much," says Dr. Boulos. "Research shows that, if you have a bed partner who is a restless sleeper, it impacts the quality of your own sleep."

DO A COOLDOWN

When you fall asleep, your body temperature decreases. Keeping the bedroom toasty at night can interfere with this process. Comfortable sleeping temperatures vary slightly from person to person, but Dr. Boulos recommends keeping your bedroom a few degrees below your daytime room temperature. According to researchers, some people benefit from a warm bath before bedtime, but it's the body temperature drop after the bath that makes you sleepy.

DROWN OUT THE NOISE

Remove noisy items, such as electronics, from the bedroom. If you can still hear a ticking clock or a leaky faucet, consider getting a sound machine. "Some people find that they have a noise-cancelling effect that may provide deeper sleep," says Dr. Boulos. If the problem is a snoring partner, don't drown it out: Snoring can be a symptom of a bigger problem, such as sleep apnea, so get your partner to a doctor. You can always sleep in separate rooms until the issue is resolved. And if the loudest noise is all in your head—emails to send, groceries to buy or chores to do—write it down. Dr. Boulos says keeping a journal by the bed is a fantastic way to clear your mind before sleeping and prepare it for rest.

 *Have completely serene surroundings and still can't sleep? See your doctor. Sleep is one part environment and lifestyle and one part health, says Dr. Boulos. If you're doing everything right and can't catch enough zzz's, you may have an underlying disorder. ●*

HOLIDAY tastemaker



Orange Cranberry Sauce

Yield: 2½ cups (600 mL)

Total Time: 45 minutes

Ingredients

1 teaspoon orange zest
2 oranges
3 cups (300 g) fresh cranberries
¼ cup (60 mL) water
⅓ cup (75 g) light brown sugar, packed
1 teaspoon ground cinnamon

Directions

1. Zest, peel and cut the oranges in half.
2. In a medium-size saucepan, add the oranges, cranberries, water, brown sugar, ground cinnamon and orange zest. Cook until the cranberries pop and the mixture thickens, about 20 minutes. Cool for 15 minutes.
3. Place the cooled mixture into the Vitamix container and secure lid.
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5. Turn the machine on and slowly increase the speed to Variable 5.
6. Blend for 5 seconds.
7. Serve warm, room temperature or cold.

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The Canadian Sleep Society is a national professional organization committed to improving sleep for all Canadians, and supports the content of this *Canadian Living* sleep package. For more information about sleep and sleep disorders, consult the brochures written by Canadian sleep experts at css-scs.ca/menu/education-and-information/brochure.

Flu Update

You've heard the conflicting reports. Is it even worth getting vaccinated? **BY WENDY HAAF**

ARE YOU GETTING THE

flu shot? That's a loaded question, especially this year. The flu-busting jab was less effective than usual last year—at best, reducing the odds of getting the illness by an estimated 23 percent, according to the Centers for Disease Control and Prevention.

A change in last year's most predominant strain of influenza was the culprit. The vaccine is based on a protein in the virus that's capable of shifting its structure. If it changes sufficiently in the time it takes to manufacture and distribute the shot, the vaccine can lose effectiveness.

“The vaccine remains the safest, longest-lasting and most effective way to prevent influenza.”

— DR. IAN GEMMILL

Still, last season's bad match is no reason to skip the shot now, says Dr. Ian Gemmill, medical officer of health for KFL&A Public Health in Kingston, Ont. “It's always worth getting the influenza vaccine to get protection against the three or four strains that are predicted to circulate,” he says. “We don't always know what changes will occur with the virus at the beginning of the season, but the vaccine, which offers protection the majority of the time, remains the safest, longest-lasting and most effective way to prevent influenza.”



1 WHEN TO GET THE SHOT

In most provinces, the flu vaccine is available in October,

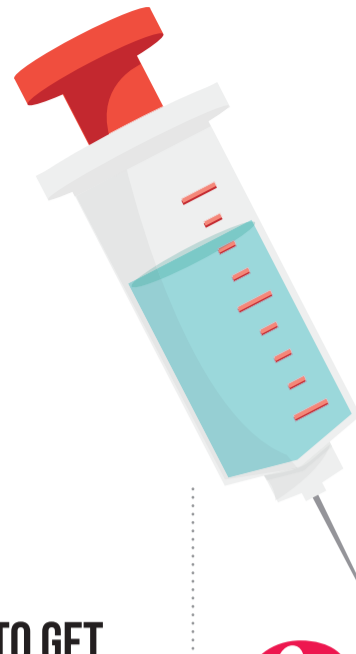
and the earlier you can get immunized, the better, says Dr. Jeff Kwong, family physician and flu researcher at the Institute for Clinical Evaluative Sciences in Toronto. That's because there's no way to predict when the virus will start circulating, and it takes your immune system two weeks to respond to the vaccine.



4 AFTER-EFFECTS

While a couple of days of soreness at the injection site is normal, unlike what you might have heard, the shot can't cause an influenza infection, says Dr. Gemmill. That said, some first-timers may feel achy or tired for a day or so, as their immune systems are triggered into flu-fighting mode. These mild side-effects don't last long, especially when compared to the symptoms of a full-blown flu.

WANT TO KNOW WHAT ELSE YOU CAN DO TO HELP PREVENT GETTING THE FLU? VISIT canadianliving.com/fightflu.



The flu vaccine protects you for about one year.

2 NUMBER OF DOSES

One per season—there's no evidence that doubling up offers added protection. The only exception: Kids under nine who are getting their first flu shot should get a second dose four weeks later.

3 WHO SHOULDN'T GET THE SHOT

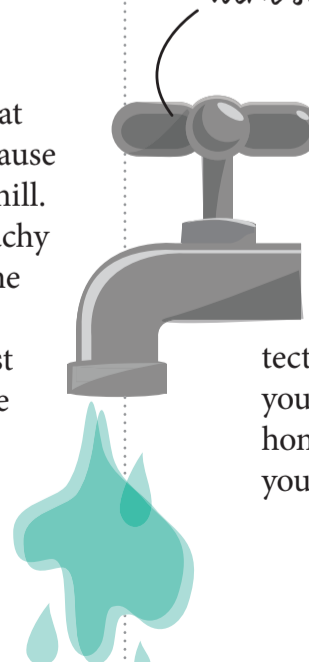
If you've had a severe reaction to a flu shot in the past, you'll want to check with your doctor before getting this year's vaccine. Ditto if your doctor has advised you to avoid the jab. But one new development: An egg allergy is no longer considered a reason to avoid the vaccine (but if you've had an allergic reaction to eggs, check with your doctor first).



When washing your hands, scrub with soap for at least 20 seconds!

5 WHAT ELSE YOU CAN DO

Getting a vaccination is the first step in stopping the spread of influenza, says Dr. Kwong. For the best protection, follow it up by washing your hands regularly—and stay home when you're sick.



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The hard road to good health

For people with disabilities, the battle to stay fit starts in childhood.

BY SARAH BOESVELD

When Joanna Miedzik was little, her parents pushed her to walk as far and as often as she could—with the help of braces and crutches.

It was a tough but high priority for a child with spina bifida, a birth defect that compromises the development of the spine. That mobility meant she could play baseball and hide-and-seek with her elementary school friends.

But during one year of middle school, the once active and vibrant 12-year-old found herself alone at lunch hour, escaping the cruelty of preteen peers who

conversation. It's a critical gap, considering these children—3.7 percent of kids aged 0 to 14—are two to three times more likely to be overweight or obese than their able-bodied peers, says Amy McPherson, scientist at the Bloorview Research Institute at Holland Bloorview Kids Rehabilitation Hospital in Toronto, who focuses on health promotion, obesity and kids with disabilities.

"They have all the same issues as typically developing kids who are dealing with obesity, but it often makes the disability much worse, and it can stop them from continuing to walk and

in children with disabilities compared with their peers without disabilities.

Such statistics are frustrating for parents of kids with disabilities who are already working hard to meet their special needs, says McPherson. It also tends not to be mentioned. "Health-care professionals wait for the parents to bring it up; meanwhile, the parents are waiting for the doctor to bring it up," says McPherson. "So no one talks about it. It's a huge gap everyone falls through."

FOOD AS A REWARD

Grown-up eating habits have their roots in childhood, and parents of children with disabilities may find themselves using sugary, low-nutrient treats as a reward for medical procedures or to soothe the sting of social isolation, says Lorry Chen, clinical dietitian at Holland Bloorview Kids Rehabilitation Hospital, ▶

OBESITY RATES ARE APPROXIMATELY 38 PERCENT HIGHER IN CHILDREN WITH DISABILITIES COMPARED WITH THEIR PEERS WITHOUT DISABILITIES.

treated her, the only student with a physical disability at her school that year, like "the alien."

"I would go to the corner store, buy maybe five bags of chips, Twizzlers—a whole bunch of junk food—and sit there by myself on the corner of the curb and then walk back to school," she says. "There was a lot of emotional eating that year."

GREATER RISK FOR KIDS WITH DISABILITIES

While "average kids" can access resources and guidance from a government concerned about the national prevalence of childhood obesity, kids with disabilities in Canada are largely left out of that

maintaining muscle mass," says McPherson. Plus, she points out, kids who struggle with obesity face more social isolation, as do children with disabilities. As a result, it impacts their ability to take part in everyday life.

The lack of research in this area makes helping these children and their families that much harder. Doctors do know that kids with disabilities are far more likely than other children to be overweight or obese, but they haven't been able to identify the extent of how it varies across types of disabilities or what can be done to help. According to the Centers for Disease Control and Prevention, obesity rates are approximately 38 percent higher



After years of struggling with her weight, **Joanna Miedzik** said, "Enough is enough."

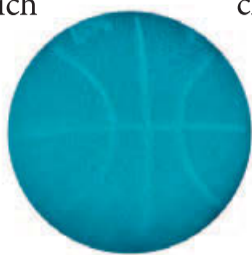
who works with families of kids with disabilities to help guide better food choices.

When Joanna was 27, her condition deteriorated and she found herself regularly using a wheelchair, which made it difficult to manage her weight since she was not able to burn the same number of calories as she had before. “You cannot have an extra-large bag of chips when you’re in a wheelchair because you will not get rid of it from your butt as quickly as everybody else will,” she says.

Even though Joanna had been taught as a child to make healthful food choices, she has seen this effect in others’ lives. She believes that parents who use food to soothe are actually hurting their children. In Joanna’s case, regularly using a wheelchair and not knowing how to adapt to the sudden reduced opportunities to burn calories caused her weight gain. “It crept up on me so fast that, 12 years later, I’m still struggling to get my weight down.” At one point, Joanna was carrying 200 pounds on her five-foot-one frame.

On the flip side, as a child, Joanna benefitted hugely from summers spent at Easter Seals and YMCA camps, where she threw herself into swimming and other camp activities. School was where she was sidelined the most. She recalls one teacher saying, “Oh, it’s just Jo. She can sit this one out.” McPherson recommends talking to the child’s teacher about how to modify activities to include those with disabilities—beyond the common scorekeeper role.

Many communities offer organized physical activities such as sledge hockey, wheelchair basketball and wheelchair racing for children with disabilities, says McPherson. These sports are popular choices that allow kids to compete in a supportive environment.



FUN ACTIVITIES, HEALTHFUL FOOD CHOICES

Unstructured play is just as important, whether it’s an active family outing or a visit to the park. You may not think you’re getting their heart rate up much, says McPherson, “but it might establish a pattern of physical activity that we can build on.” Following the child’s lead on what he or she likes to do will also make activity less of a chore.

The same approach goes for making healthful food choices. Chen recommends letting the child select one new vegetable to try each week—an approach nutritionists encourage for able-bodied kids as well.

It’s crucial that children with disabilities are empowered and offered opportunities to engage in physical activity that they can enjoy, says Dr. Stasia Hadjiyannakis, pediatric endocrinologist at the Children’s Hospital of Eastern Ontario’s Centre for Healthy Active Living in Ottawa. “It’s also important to have a healthy food environment that includes a predictable meal and snack schedule,” she says, adding that adequate support must be in place for parents and caregivers, who often deal with added time and financial pressures.

After years of struggling with her weight, one day, Joanna looked into the mirror and said, “Enough is enough.” Now 155 pounds at age 39, she aims to keep healthful routines by packing her fridge with fresh vegetables. She also reads labels, avoids bread and pasta (because carbs cause her to put on weight faster), controls her portions with special spoons and exercises twice a week at the gym in her workplace. Arm-exercise bikes get her blood pumping, while hand weights keep her back and shoulders strong.

Still, she’s not happy with her current size. “I know I’m overweight, and I’ve been like this for a very long time,” she says. “I’m better than I was, and I know where I want to be—it’s just getting there is difficult without guidance and doing it alone.” She hasn’t found specific supports or programs for adults with disabilities. “You’ve got Jenny Craig, you’ve got Weight Watchers—you’ve got all those things,” she says, “but is anybody out there doing anything for people who are in wheelchairs?”

In the absence of any solid research about the right diet for wheelchair-bound people versus mobile people, the best route, say the experts, is to consult a nutritionist and raise the issue with your doctor to get the conversation going. “I believe we can all be fit. Everybody can lose weight,” says Joanna. “We just need someone to say, ‘Here we go, this is how we can do it.’” ●

Ways to stay fit

Kids with disabilities can participate in many physical activities. As always, consult your child’s doctor before starting a new fitness plan.

1

For cardiovascular fitness, try a stationary bike, an arm bike or a rowing machine at your local fitness centre.

2

Encourage your child to follow an aerobic fitness video or to dance at home to her favourite tunes, always using even, flat surfaces for walking or wheeling.

3

Swimming or participating in aqua fitness classes can help improve your child’s fitness level, no matter where she’s starting from. Those with mobility issues may prefer pools that have a sloped entrance into the water, which allow for wheeling or walking into the pool with or without help.

4

Kids can do Dyna-Band exercises with a fitness leader or a personal trainer.

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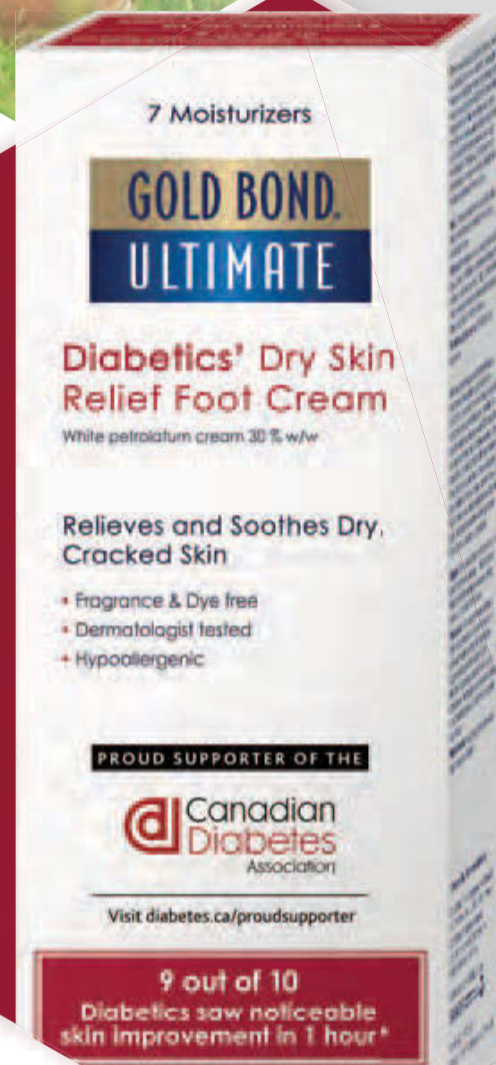
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ALL ABOUT *Umami*

We've got the intel on this "fifth taste" and the role it plays in your experience of savoury foods. **BY PAY CHEN**

Think of the last time you elevated the flavour of a plain piece of sushi with soy sauce or tweaked the flavour of a pasta dish with a few flakes of Parmesan cheese. You can thank the "fifth taste," umami, for pleasing your palate. More than a century after the taste was identified in Japan, umami isn't just a foodie staple—it's also being studied for its health benefits.

Ole G. Mouritsen, coauthor of *Umami: Unlocking the Secrets of the Fifth Taste*. "The MSG inside a sun-ripened tomato or a mature cheese is exactly the same as that produced in a factory." Still, he'd rather cook with natural umami ingredients. Toronto chef Susur Lee agrees, saying he prefers to base his dishes on quality stock made with Chinese ham, duck, chicken or pork.

WHAT FOODS CONTAIN UMAMI?

"In Chinese, they call it *xian wei*. It's how we describe the sweetness of the ocean," says Lee. Oysters, squid and octopus are high in *xian wei*, as are dried shrimp and scallops. Cured ham, aged cheese, tomatoes, walnuts, seafood and potatoes are also umami foods; braising, drying, smoking, aging and fermenting them can intensify the effect. For instance, the natural glutamate levels in shiitake mushrooms are 15 times higher when dried.

WHAT DOES UMAMI MEAN?

Umami is more complex than its four siblings, sweet, salty, sour and bitter. The Japanese syllables translate to "delicious essence" (*umi*) and "taste" (*mi*). The words were first paired in 1908, when Japanese chemist Kikunae Ikeda isolated the components of kombu, the seaweed in dashi soup stock. Ikeda's discovery led to the now-controversial development of monosodium glutamate (MSG) as a seasoning. Though some people are strongly sensitive to MSG, most can eat it safely. "MSG is MSG, no matter where it comes from," says

IS UMAMI BAD FOR YOU?

On the contrary: Mouritsen, professor of biophysics at the University of Southern Denmark, has conducted research that suggests umami foods may help us consume less added salt, sugar and fat. Umami tells your brain you're eating more satisfying food, thereby increasing the likelihood you'll stop before overeating. The reverse also appears to be true for those who need to eat more. A study published in the journal *Flavour* found that foods high in umami helped elderly patients who were experiencing loss of appetite and taste due to medical treatments; umami increased saliva flow and made foods more palatable. ●





By Isabelle Neiderer,
Registered Dietitian for
Dairy Farmers of Canada
dairygoodness.ca



The Hidden Life of Bones

Think you know everything about keeping your bones healthy and strong? Check out the information below. You may be surprised.



Muscle In

Maintaining good muscle mass is part of maintaining good bones. Low muscle mass tends to reduce muscle strength, especially as we age, which can lead to falls and fractures. While that means getting adequate exercise, sustaining muscles also requires getting enough protein. Brilliant idea: After exercising, drink milk. You'll get protein and hydration, as well as the calcium and other nutrients that healthy bone and muscle building demands.

Supplements or Food?

Osteoporosis Canada strongly recommends we get our calcium from food sources whenever possible. Calcium-rich food such as milk products provides other important bone-building nutrients besides calcium—nutrients such as protein, vitamin D and phosphorus. Osteoporosis Canada also recommends supplements only for individuals who can't meet their calcium needs from food alone, and then only after discussing it with their doctor as calcium supplements have been associated with some risks.

Bones Live!

Bone is living tissue that is continuously being renewed through a process that breaks down our old bone and replaces it with new. Our bones start growing in the womb and reach peak mass in early adulthood. Then, in our mid thirties, both men and women begin losing bone. Approaching menopause, women lose 2-3% of their bone mass a year. Aiming to minimize this bone loss throughout adulthood is vital. For this to occur, our bodies need bone-building nutrients as well as exercise.

Natural Sources of Calcium

Milk products are a plentiful, readily available source of natural calcium. In fact it's difficult to get enough calcium from food without consuming them unless you turn to calcium-fortified alternatives. Some plant foods naturally provide calcium. While they can contribute to our calcium intake, eating enough of them daily to meet our calcium needs is challenging. Plants often have much less calcium or contain substances that reduce calcium's absorption. It would takes 8 cups of spinach, 2 cups of broccoli or 1 cup of almonds to absorb the same amount of calcium provided by a cup of milk.

CREAM OF ONION SOUP WITH CHEESE CROSTINI

A perfect soup for a chilly fall day.

3 tbsp	butter	45 mL
6 cups	minced Spanish onion	1.5 L
5-6	branches fresh thyme	5-6
2	bay leaves	2
3 tbsp	flour	45 mL
3 cups	milk	750 mL
1 cup	sodium-reduced vegetable broth	250 mL
6	slices of French baguette rounds, toasted	6
½	clove garlic	½
¼ cup	grated Swiss cheese	60 mL
salt and pepper to taste		

In a large pot, melt butter over medium-high heat, add onion, thyme, bay leaves. Cook covered for 15 minutes, stirring regularly to lightly caramelize. Add flour and cook 1 minute. Add milk and broth, season, cover and cook 15 minutes over medium-low heat.

Remove the thyme stems and bay leaves. Purée soup using blender until homogenous. Rub one side of toasted baguette rounds with garlic and sprinkle with cheese. Place under grill until golden. Serve the crostini with the soup.

■ *Makes 6 servings*



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LIVING

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|

SOCIAL MEDIA AND SPENDING

|

THWART THIEVES

The Supper Club

How one family fought isolation and fostered community—one dinner at a time.

BY BONNIE MO

SHAYLA BRADLEY was staring down the tail end of her maternity leave and straight into the face of another long winter when a crushing sense of loneliness sunk in. “Since having a baby, my husband and I weren’t seeing people as often as we wanted,” says the 27-year-old from Sioux Lookout, Ont. “I was missing that sense of community.”

Her Facebook News Feed provided the solution: an almost-effortless dinner-party movement called Friday Night Meatballs. Cooked up by Philadelphia-based writer Sarah Grey, Friday Night Meatballs is a weekly meal designed to bring family and neighbours together to reinforce connection and community. And keeping spaghetti and meatballs at the core means meals are inexpensive and easily expandable. ♦

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PHOTOGRAPHY, J.R. PHOTOGRAPHY/STOCKSY UNITED



When Shayla kicked off her Friday Night Meatballs dinner, she asked friends and family to bring only their hunger and chairs, keeping food contributions voluntary. “I was excited to host our first meatball night, but I was nervous about what to expect,” she recalls. “I had no idea who would respond.”

As the late-October sun set that first night, Shayla had just laid out a family-style spread of spaghetti and meatballs when her brother-in-law showed up with a package of bacon. Without missing a beat, she fried it up. “It turned out bacon is really good on spaghetti, and we all loved it,” she says. Just like that, a Friday-night tradition was born.

“It was comfortably chaotic,” says Dick MacKenzie, Shayla’s boss and a guest at one of her first Friday-night dinners. Even though he knew only about half of the dozen people aged one to 70 spread throughout Shayla’s 1,100-square-foot house, he says conversations popped up “like buttercups in a pasture. It reminded me of a huge family enjoying the reunion of scattered members. The atmosphere was unplanned, unpretentious, pleasant and as warm as pudding.”

Gatherings like these are a welcome contrast to our tendency to connect through technology rather than face-to-face. And while Skype and FaceTime have helped narrow the loneliness gap, they don’t compare to physically being in the same room. “There is a difference between in-person interactions versus online connections. In person, one has the opportunity to read facial expressions, eye messages and nonverbal nuances,” says Cindy Negrello, director of client services at the Canadian Mental Health Association, Calgary Region. “We enjoy being able to share and process together, and adding food and beverage brings a sense of community and meaning for the get-together.”

Finding meaning and connection are particularly important at a time when families

GET A GROUP GOING!

Don’t want to cook? No problem. It’s easy to start your own group, your way. Here’s how:

START A FACEBOOK GROUP

Whether you want to get involved in a community-garden program or build a network of restaurant-going foodies close to home, you can set up a Facebook page that will help members organize their time together, as well as share photos, sign up and stay in touch.

CREATE A MEETUP.COM ACCOUNT

This web-based hub makes it simple to create your own unique local group. On Meetup, everyone from coast to coast can list their group’s upcoming events, have people sign up and generate comments.

LOOK WITHIN YOUR GROUP

Starting your own group and recruiting new members can be as easy as asking around. Want to start a cycling group? Try advertising at your gym, a local community centre or a related group, like yoga class.

are scattered, workdays don’t end at 5 p.m. and we’re stuck in a car or on transit for too-long commutes. Less time for face-to-face interaction means an upswing in fast-food meals eaten in haste over the sink and, for many, in solitude. According to a 2012 Statistics Canada report, more Canadians live solo than at any other point in history. “We tend not to go out of our way to get to know our neighbours, and this is sad,” says Negrello. “A once-common expectation of neighbourly engagement has become one of choice and whether it is convenient.”

Simple weekly dinners don’t seem like much, but the very act of getting together and socializing goes beyond a pot of meatballs. “Researchers and clinicians often think of loneliness as the social equivalent of physical pain or hunger,” says Dr. Andrew Starzomski, a psychologist with the Mental Health and Addictions Program at the Nova Scotia Health Authority in Dartmouth, N.S. The range of communication that flows when we’re face-to-face is much more stimulating, playful, organic and complex, he says. “Texting, despite the odd emoticon, is

really not on the same footing for most people.”

Carving out time for those closest to us can also help us look past some of the more trivial concerns in our lives, says Dr. Starzomski. “We hear more about others’ lives, we learn and try new things, feel accepted and valued, have fun and contribute to the creation of meaningful and interesting experiences.”

Shayla agrees. “Even though we started small, our friends caught on to the idea and, after a while, it became something people looked forward to.”

That’s why, after a summer break, Shayla started up Friday Night Meatballs again this fall. “I find that, in the summer, we meet people on a more casual basis, so it doesn’t feel as vital to have scheduled social time,” she says. “But it really does help through the darker, colder days.” ●

MORE WAYS TO CONNECT

HAMILTON COMMUNITY GARDEN NETWORK

This network brings community gardeners of all types together and offers information about how to set up a garden. It also maintains a directory of local community gardens and an events calendar for workshops and other events. *For more information, visit hcgnc.ca.*

EDMONTON OUTDOOR CLUB

This volunteer-run group organizes affordable monthly outdoor activities such as hiking, camping and canoeing and helps connect people looking to participate in a healthy lifestyle. *For more information, visit edmontonoutdoorclub.com.*

VICTORIA FOODIES

This West Coast group for food lovers of all ages meets up for dinner, brunches, picnics, potlucks, food shows, farm and wine tours—even just a coffee. The annual membership fee is \$10, which helps with operating costs. *For more information, visit meetup.com/victoriafoodies-group.*

HALIFAX PARENTS & TOTS COFFEE HOUSE AND PLAYGROUP

This community-based group in Halifax for parents and young kids up to three years old meets weekly to swap stories as the kids play and the parents sip coffee. *For more information, visit meetup.com/halifax-parents-and-tots-coffee-house-and-playgroup.*



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Like any household detergent, keep away from children.

Jamie Oliver

Everybody's favourite food crusader talks about family and the joy of experiencing food together.

BY JENNIFER BARTOLI

HOMEGROWN LESSONS

We know Jamie Oliver as the cheeky British chef, celebrated cookbook author and food-education advocate, but did you know he's an avid gardener and he supplies produce to both his and his dad's restaurants in England? On his weekends off, you'll often find him knee-deep in dirt, teaching his kids about the food that makes it to their dinner table. Oliver's new book, *Everyday Super Food* (HarperCollins, \$38), is out Oct. 20, and he's planning to open his first restaurant here in Canada this winter. We recently caught up with the busy father to hear his thoughts on healthful eating in a time-crunched world.

What advice can you give to time-pressed families who want to cook from scratch and eat fresh whole foods?

Share the cooking workload. Give the kids little jobs—maybe shaking a jam jar full of salad dressing or tearing up herbs. The more you involve them in the cooking process, the more likely they are to eat the food you're making. It's also a way to teach them about where their food comes from.

How do you make grocery trips more efficient? I tend to plan my meals, make a list and stick to it. I think we're often guilty of filling our baskets with food we don't really need, and then, we end up throwing food away, eating too much or eating the wrong types of food. Try to form a relationship with your local grocery clerk, butcher or fishmonger so you can get the best insider tips as to what's in season and what you should be cooking now.



Oliver loves to get his kids involved, from working in the garden to helping prepare family meals.

How did you get your kids interested in food and how it's grown? At our house in Essex, we're lucky enough to have a big vegetable-and-herb garden, so as soon as our children were old enough, we've been talking about what's growing in our backyard, as well as touching, smelling and tasting! Buddy, my youngest [now five], is like a little ninja with the herbs these days. I just send him out for some marjoram and he knows exactly where to go!

How did your garden evolve? It really started from nothing. When we bought our house about 10 years ago, there was no garden to speak of. Once we'd moved in, I threw a few seeds on the ground to see what would happen, and I was overjoyed when they grew. Before I knew it, I was growing all kinds of fruit and vegetables and writing a book about it [*Jamie at Home*]. It gradually got bigger over the years, and now, we supply produce to Fifteen [Oliver's restaurant in London] and my dad's pub.

How do you feel when you see your kids working in the garden? I have a sense of pride because we've grown that food



together, as a family. It's a big part of our lives on weekends and during holidays.

What family values are you hoping to pass on to your kids through this process? I want them to be able to look after themselves and their families and to understand which foods are nutritious and which ones are best kept as treats. One of the most important things we can do as parents is give our kids the life skills they need to lead happier, healthier lives.

Try a recipe from Jamie's new book!

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Cooking with Jamie

Try this tofu burger for a Meatless Monday lunch or dinner.

MEGA VEGGIE BURGERS, GARDEN SALAD & BASIL DRESSING

Makes: 4 servings

Tofu is a brilliant carrier of flavors, plus it's high in protein, low in saturated fat, and a great source of calcium and phosphorus, both of which make for strong and healthy bones.

- | | |
|---------------|--|
| 12 oz | firm silken tofu |
| 1 | large egg |
| ½ cup | whole-grain bread crumbs |
| 2 heaping tsp | Marmite |
| 8 | ripe tomatoes |
| 1 tbsp | red wine vinegar |
| 2 sprigs | of fresh basil |
| 4 | soft whole-grain buns |
| 14 oz | mixed seasonal salad veg, such as English cucumber, red cabbage, apples, cress, baby spinach |

- | | |
|----------|---|
| ½ x | creamy basil dressing (see below right) |
| | olive oil |
| 2 sprigs | of fresh rosemary |
| 1¾ oz | Cheddar cheese |
| 1¾ oz | gherkins |

Wrap the tofu in a clean kitchen towel, then squeeze and wring it out to remove the excess liquid (about 4 tablespoons should come out—it's messy, but really important to do this for great burger texture later). Place the tofu in a bowl, scraping it off the kitchen towel. Crack in the egg, then add the bread crumbs and Marmite. Mix and scrunch together really well with clean hands, then shape into 4 even-sized patties that'll fit nicely in your buns once cooked.

Roughly chop the tomatoes and put into a dry non-stick frying pan on a high heat with a pinch of black pepper, a splash of water, and the vinegar. Squash the



Oliver's favourite produce to grow?

Cherry and sungold tomatoes, because they're so sweet, and a brilliant variety of winter squash called red kuri, which has tasty flesh and is big enough to feed a family. He's also partial to heirloom carrots—their great variety in colour (red, yellow, white, purple) appeals to kids. — JB

tomatoes with a potato masher, cook for 10 to 15 minutes, or until thick and delicious, then tear in half the basil leaves and season to perfection (I sometimes add a pinch of dried red chili flakes too, for a kick). If you want to plump up your buns, pop them into a warm oven for a few minutes.

Meanwhile, finely slice or prep all the salad veg, and make the creamy basil dressing. Place 2 teaspoons of oil in a large non-stick frying pan on a medium heat. Pick the rosemary leaves into the pan in four piles, place the patties on top, and cook for 3 minutes on each side, or until golden. Slice or grate the cheese, place on the patties, reduce the heat to low, then cover and leave to melt for 3 to 4 minutes. Spread the tomato sauce onto the buns, then sandwich the cheesy burgers and sliced gherkins inside. Toss the salad with the dressing, serve alongside the burgers, and enjoy—totally awesome.

PER SERVING: about 424 cal, 4 g pro, 15.7 g total fat (4.6 g sat. fat), 44.8 g carb, 9.3 g fibre, 12.1 g sugar.

CREAMY BASIL DRESSING

Good for 3 salad portions. Simply blitz 4 tablespoons of plain yogurt with 1 tablespoon of white wine vinegar, 1 teaspoon of Dijon mustard, the leaves from 4 sprigs of fresh basil, ¼ of a fresh red chile, and a pinch of sea salt and black pepper until super-smooth. ●



Recipe excerpted from *Everyday Super Food*. ©2015 by Jamie Oliver. Published in Canada by HarperCollins Publishers Ltd. All rights reserved.

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I read about Chili Burn in a magazine and decided to give it a try. I had nothing to lose. After 6 months on Chili Burn, I lost 30 pounds and after 12 months I reached my ideal weight, after losing 38 pounds in total. I am very happy with the results of this product and now recommend it to friends and family.

I get a kick out of the fact that I can be a grandma and still fit into my wedding dress! I achieved all this without big changes to my lifestyle¹. I eat three meals a day and drink lots of water. While exercise is important, Chili Burn proves that what you put into your mouth is just as important.

This product will suit anyone who would like to lose weight with natural supplements. I highly recommend it.

Ruth V., Ontario

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Keeping up with the **INSTAGRAMMERS**

Why your budget can take a hit with every
awesome selfie your friends post.

BY CORI HOWARD

For Sarah, it took a two-week social media hiatus to stop overspending. The 35-year-old Toronto event manager (who asked us not to use her real name) had racked up a \$7,000 credit card bill from online impulse shopping. The spending trigger? Her emotional response to the images posted on social media: the perfect kitchen reno, the fancy vacation or the latest handbag. The more time she spent on social media, the more inadequate she would feel and the more she would splurge.

"I have a serious shopping problem," she admits. "I enjoy expensive purses. I also have a lot of travel expenses from destination weddings and bachelorettes. I look at pictures of new products from my favourite stores, or pictures of people

vacationing or enjoying nice things, and I think to myself, I deserve that. I work hard for my money."

Sarah's not the only one who feels this way. According to a recent study by public relations firm Citizen Relations, 56 percent of Canadian millennials (those aged 18 to 30) feel driven to live beyond their means because of social media. It's the "fear of missing out," also known as FOMO, that has influenced the spending decisions of millennials in particular, 68 percent of whom will make a reactive purchase following an emotional response to social media. Trips are FOMO's top driver, followed by parties, events and meals.

The overspending epidemic is worrisome: We're experiencing the highest level of debt per capita in Canadian history (and that's excluding mortgages),

while savings rates are close to a five-year low.

Rob Serra, regional director at Investors Group in Guelph, Ont., has seen the impact of social media spending, primarily with the children of his older clients. "Debt seems to be more acceptable today, as opposed to my parents' generation," says Serra. "Some in the millennial generation tend to treat credit cards as disposable income; carrying credit card balances is too common. Ideally, purchases should be made with disposable income or planned savings. Spending habits and savings need to reflect income—keeping up with the Kardashians isn't going to gain you any long-term financial success."

Curtailling social media-induced overspending has become one of Shannon Lee Simmons' areas of expertise. ♦

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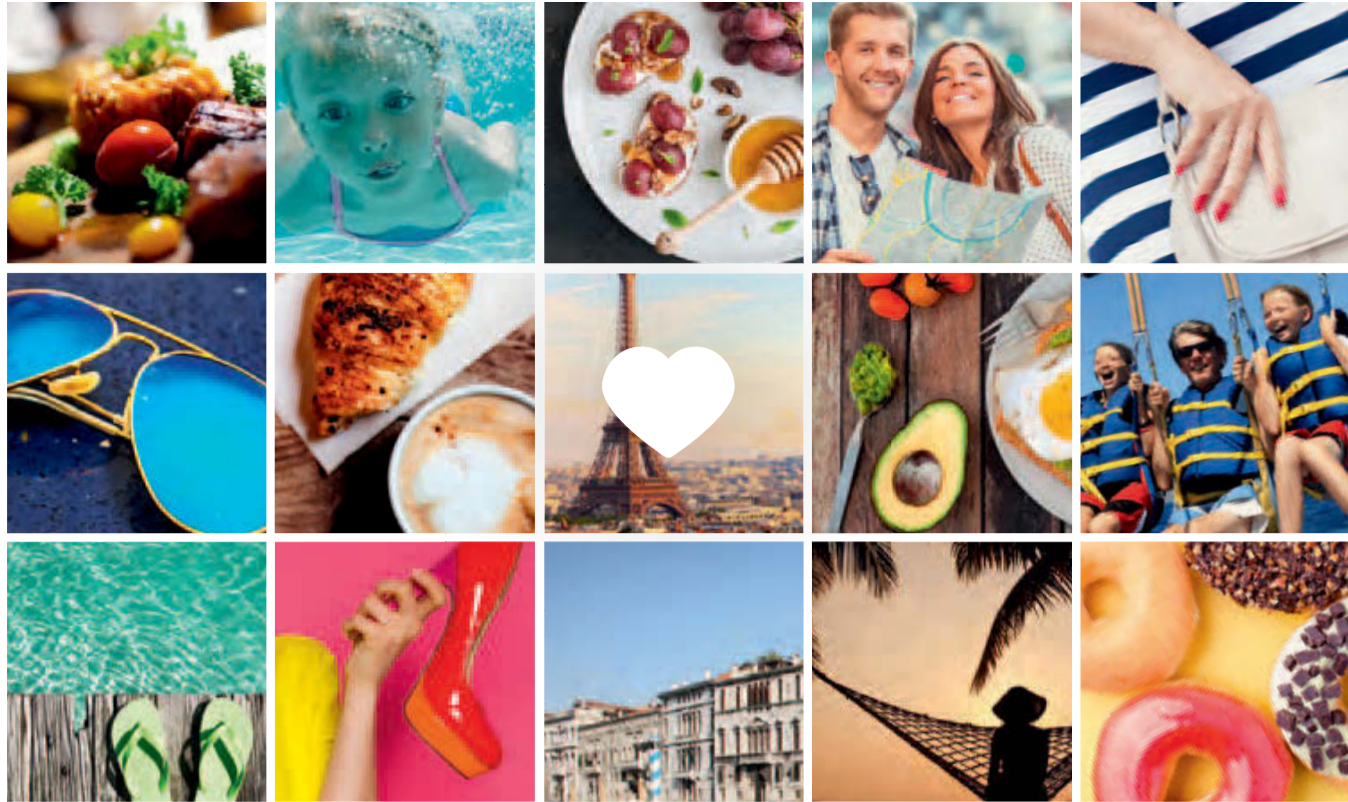
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After hearing how social media made friends and clients feel inadequate, the 30-year-old Toronto financial planner launched @therealselfies, a campaign to reflect the actual cost of the places and things featured on social media.

One of her first posts was a receipt for a meal at a fancy vegan restaurant in Toronto. But instead of writing a typical Instagram caption, like, “Yum. A fabulous meal with friends,” she wrote, “This shiz costs money.” That struck a chord with followers, and she decided to spend a year posting the truth about the cost of shopping sprees, vacations and restaurant meals seen on social media. Based on that experience, here is Simmons’ advice on social media and budget survival.

SOCIAL MEDIA DETOX

Simmons often suggests that overspending clients try a social media detox. “Social media doesn’t make us poor,” she says, “but it has the power to make us feel inadequate and it increases the pressure to spend money to look like you’re having a wonderful life.”

In Sarah’s case, two social media-free weeks helped her identify her triggers for overspending: celebrity and lifestyle bloggers and newsletters from online retailers. As part of her detox, she unsubscribed from emails sent by her favourite stores and she unfollowed some of the more enticing bloggers. That meant she didn’t know about sales and discounts and wasn’t tempted to shop. The strategy worked. Sarah still shops, but she’s more aware of when she has to take a step back. She’s also chipping away at her debt.

LIMIT TIME ON SOCIAL MEDIA

Simmons also encourages clients to avoid social media first thing in the morning and before bedtime. “In the morning, it sets the tone for your day, and at night, you’re going to bed feeling like garbage,” she says. “If you use social media responsibly, it helps you understand that the perfect post costs money.”

IDENTIFY WHY YOU’RE SPENDING

It’s normal to spend money and to share with friends. But if you’re trying to curb spending and tempted to drop a lot of cash, think about the emotional return on your investment. Are you buying something because it will make you happy or because your friends have it? Are you trying to fill a void with the temporary rush that spending gives you? Asking these questions is a great way to combat the pressure to overspend. Simmons’ best advice: “If it’s happy spending and you can afford it, go for it. If it’s unhappy, avoid it.” While it may be possible to budget for things that make you happy, many people overspend because it makes them *temporarily* happy, and that’s a dangerous place.

What’s important, says Simmons, is awareness of our individual triggers for overspending so we can step back, acknowledge the feeling and resist the urge. “No one ever posts a pic of their bill after an exotic vacation or of themselves at home alone in pajamas, watching Netflix and eating cereal,” she says. “Maybe they should. Social media is a highlight reel. We all need to use it responsibly and to understand that everything costs money.” ●

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HOMELAND SECURITY

10 ways to burglarproof your home.

BY RHEA SEYMOUR

KELLY RETURNED TO her Bedford, N.S., home after work to find her kitchen cupboards flung open and the floor strewn with garbage bags. (We've changed her name to protect her privacy.) When she and her husband, Jon, who had arrived moments earlier, checked the side door, they found it wide open. Jon bolted downstairs to see if his stereo equipment was gone, while Kelly raced upstairs to the master bedroom to check on her jewellery. "I found my jewellery box on the floor," says Kelly. "The stereo was gone, but nothing was taken from our bedroom, so we think we interrupted the robbery. I was angry that all of my clothes had been manhandled, and Jon was upset that I could have walked into the robbery alone."

The burglar was never caught, but the break-in inspired the couple to beef up their home security with new locks, a dog and an alarm system. "We've moved many times since, but we'll always have an alarm," says Kelly. "We don't have expensive things, but the intrusiveness of having a stranger in the house is upsetting."

Although Canada's burglary rate has been declining—it dropped 43 percent between 2002 and 2012, according to Statistics Canada—it doesn't feel that way when it happens to you. And, according to Aviva Canada data gathered from 2009 to 2013, if you live in Quebec, Manitoba or British Columbia, you face a higher-than-average risk of being robbed. Wherever you live, warns Const. Amanda Trenchard of the Edmonton Police Service, "burglary is a crime of opportunity. Criminals are looking for the home with the least resistance." Here's what you can do to make your house less vulnerable:

1 REINFORCE YOUR DOOR LOCKS

Don't make it easy for intruders: Lock your doors, even when you're home or in the backyard. In a 2012 study conducted by the University of North Carolina (UNC) in which 422 convicted burglars were surveyed, most reported that they entered homes through open doors or windows, or by forcing closed doors or windows open. Next, check your dead bolts—often located on the weakest part of the door. "In most buildings," explains Const. Trenchard, "the dead bolt fits into a strike plate, which most builders install using only a half-inch screw, so it's very easy to kick in the door." She recommends replacing it with a three-inch wooden screw that goes into the joist and the housing of the door. "It's a lot tougher to kick in, so a criminal would probably give up."

2 TRIM YOUR TREES

Big trees with long branches can provide a burglar with the cover needed to break in, unnoticed. Const. Trenchard recommends trimming any branches that fall less than two metres above ground level and keeping shrubs to a maximum height of one metre so they don't block windows or sight lines.

3 SEAL YOUR GLASS DOORS

Those glass panels and sidelights in your front doorway may look stylish, but burglars simply have to smash the glass to turn the door lock and enter your home. The solution? Security film. "It holds up to a lot of pressure, so if someone throws a giant rock at the glass, the glass may spider but will stay in place, and the rock will bounce off the window," says Const. Trenchard. Security film costs about \$12 per square foot and needs to be professionally installed.

5 FORTIFY YOUR PATIO

Patio doors are the easiest to breach because their locks can be damaged without too much effort, says Const. Trenchard, and sliding doors can be lifted off of their rollers and out of the frame. Secure them easily with a security bar (about \$30), a dowel rod or even a cutoff hockey stick. "With a stick in place, the door isn't going to slide open—and the stick is a good visual deterrent." If you have aluminum slider windows

in your basement or apartment, putting a screw in the track will prevent the window from being removed, which is easy to do if the lock has been breached.

6 INSTALL AN ALARM—OR FAKE IT

Thinking about installing a home-security system? Consider this: The UNC criminology study found that 83 percent of convicted burglars check for alarms, and of those who do, 50 percent say they'd go elsewhere if a home had an alarm. If you can't afford one, alarm

window stickers or lawn signage may also be a deterrent, as long as they're believable, says Los Angeles security consultant Chris McGoey. Most burglars also dislike dogs, he says, so he keeps a "Beware of dog" sign on his fence and an oversize dog-food bowl on his front porch.

7 MAKE YOUR HOME LOOK LIVED IN

If you're going on vacation, suspend your newspaper and mail delivery (to purchase the mail-holding service, visit canadapost.ca). Enlist a neighbour's help to keep an eye on your property and pick up any flyers. And be strategic about lighting: If you leave

4 LIGHT UP THE NIGHT
Installing motion-activated lights in your backyard is a great deterrent—no criminal wants to be seen. For added protection, swap your porch's regular incandescent lightbulb for an LED bulb, which casts a brighter light. Then, leave your porch and side-door lights on all night, says Const. Trenchard. "If everyone does, there's more light on the whole street."

Don't post vacation details on Twitter, Facebook or Instagram, or share pictures until you're back home.



a light on all the time or use a timer that turns on lights at the same time every night, it's more obvious that you're not home. Instead, opt for vacation timers, which randomly turn on lights in different rooms, or an app such as WeMo, which allows you to control the lights in your home from your smartphone.

8 KEEP TRACK OF YOUR GARAGE DOOR REMOTE

Don't leave the remote for your garage door in your car—especially if your garage is connected to your house and you park in the driveway. "People often don't lock the door from the house to the garage," says Const. Trenchard. "If someone can get inside the garage and into your home, a burglar has all the time in the world to clean out your house and fill up a vehicle without anyone in the neighbourhood seeing."

9 BE DISCREET WHEN DISPOSING OF PACKAGING

Don't advertise your newly purchased electronics by placing packaging and boxes on the curb for all to see. If your family gets a big haul over the holidays, take the packaging directly to a recycling depot.

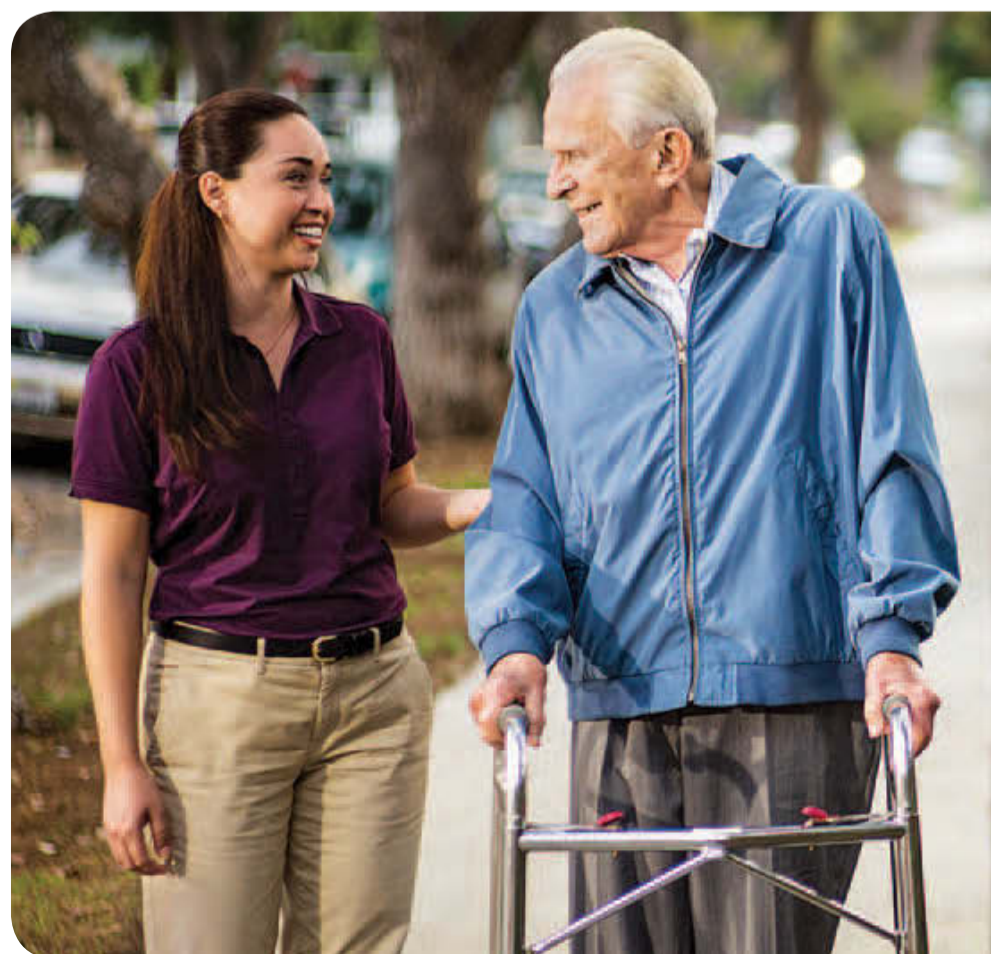
10 KEEP YOUR TRAVEL PLANS OFF SOCIAL MEDIA

Don't post vacation details on Twitter, Facebook or Instagram, or share pictures until you're back home, advises Wayne Ross, vice-president of national property claims for Aviva Canada. If geotagging is enabled on your phone and you post a photo with a caption such as "Be back in two weeks," a burglar may be able to find out where you live while knowing there is ample time to break in. ●



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FIRST PERSON

DISCOVERING JOY

"I couldn't outskate the gnawing darkness I carried inside myself, no matter how many shiny medals I won."

BY CLARA HUGHES

Just when you think you have it all, it starts to slip away . . .

The 2004–5 skating season had been my best yet, taking me to my second Winter Olympics, in Torino, but I started partying hard again. I was alone on the road, and it just happened. With high-level athletes—perhaps with high-level anything—you often assume an all-or-nothing attitude that spawns what-the-hell behaviour. Especially when you're drinking and smoking and staying up half the night, yet still posting good results. You think you can do anything, because for a while you can.

I went to bed loaded too many nights. At the 2005 World All-Round Championships in Moscow, I won bronze in the 5000 metres, then became so drunk I almost missed the airport bus the next morning at six. My coach, Xiuli Wang, found me fumbling around the hall, aghast to see an athlete of hers so hammered. I didn't have a key; I couldn't get into my room and hadn't packed. She got me in, then rounded up all my stuff. When I stumbled into the shuttle, where the rest of the team was waiting, I was confronted by a lot of pissed-off looks.

My husband, Peter, who had no idea I was leading such a self-destructive life, visited me at the World Single Distance Championships in Inzell, Germany. I won

silver in the team pursuit and bronze in the 5000 metres, then shocked my moderate husband by the number of drinks I tossed back at the bar.

He asked, "What are you doing? This is stupid." He left me still drinking with the Russians.

I don't know how I made it back to our room—I suppose someone helped me. I was sick, threw up in the shower, then fell asleep on the bathroom floor.

Peter left for Canada the next morning, having made clear how disappointed he

was in me. I had convinced myself that I was having a great time on the circuit, but when someone I loved saw me as a loser despite my external success, I was forced to take a hard look at myself. Xiuli was also fed up with me. She insisted that I promise not to get drunk until after the Torino Olympics, then made me shake hands on that. It was a promise I would keep.

Though I was glad to blame the pressures of racing, I was learning once again that I couldn't outskate or outcycle the gnawing darkness I carried inside myself, no matter how many shiny medals I won. My addiction, and whatever powerful emotions it covered up, was still something I was unwilling to confront. Sometimes I turned to alcohol, sometimes to food.

For the first week of the Games, I wandered around in a vortex of negativity, watching my teammates win medal after medal while I had only our team pursuit silver tucked away in my drawer. I spoke to a skier from Alpine Canada, who complained about his coaches having sealed him inside the Olympic dome. They had ordered him not to watch or explore or experience anything in order to *focus, focus, focus*. "I've been to two Olympics, and they've been the worst experiences of my life."

The advice the skier received had the opposite effect on me. A few days before the 5000 metres, I decided to take in more of the Olympic experience—anything to distract me from how bad I felt on the ice. This decision led me to the booth of Right to Play, a Toronto-based organization founded by former Norwegian speed skater Johann Olav Koss, winner of four Olympic gold medals. Since retiring from competition, Johann had trained as a physician, then combined his medical and athletic expertise to use sport to help youth in disadvantaged countries. I was deeply moved by what I saw.

That feeling continued into the evening, when I watched American Joey Cheek, who'd just won the men's 500 metres, announce on TV that he was donating his winnings to Right to Play to help the children of Darfur. That seed money—\$25,000—would eventually attract \$500,000 when others matched it.

Both Kristina Groves, who was watching with me, and I wondered if we had it in us to do the same thing. Neither of us was sure. As Canadian athletes, our situation was

Behind her Olympic success, Clara Hughes struggled with addiction.

different from that of the Americans and skaters from many other nations, since we would not be receiving reward money for winning in Torino. However, I knew that I did have \$10,000 in the bank. I asked myself: *If I win a medal, could I use the podium to turn my \$10,000 into a much larger donation, as Joey had?*

With this thought as a spur, I decided to change my Olympian experience by shifting my attitude from *I can't skate* into *Maybe this is how I'm supposed to feel before winning the Olympics*. That had worked for me in Seoul, when I won gold in the 5000 metres, so why not now? I took the little sparkle I found hidden inside myself and built on it, so that it twinkled a bit more each day.

The night before the 5000-metre race, Xiuli came to my room with the pairings. She asked: "Do you really want to know?"

I exclaimed, "Oh, no, not Claudia Pechstein!"

She nodded. "Yes, you're with Claudia. The outer lane."

For me, it was the worst pairing possible, because every time I skated with Claudia, she got the better of me.

After Xiuli left, I felt empty and alone, with only my worried thoughts. To distract myself, I turned on the TV. A Swiss silver-medal winner was figure-skating to an awful James Blunt song but creating some of the most beautiful figures I'd ever seen. He was dressed in black and moving with total freedom and joy, spinning and gliding and jumping and swaying. I was so impressed that I wrote *Joy* on my hand, reminding myself that's how I wanted to skate the following day. After that, I went to sleep with a smile on my face.

On the morning of the 5000 metres, I had coffee and breakfast, then did a little spin on my rollers. I found myself in that familiar place of passing time: not thinking too much, not thinking too little; not resting too much, or too little; not talking too much, just having light conversations. I had a long day to put in because I did not race until six that evening.

When I turned on the TV set, CBC was showing a Right to Play documentary about Uganda, featuring Canadian Olympians—Steve Podborski, a downhill skier, and Charmaine Crooks, a sprinter. I watched, mesmerized, as former child soldiers, born into war and poverty and

HIV/AIDS, engaged in play as if they had no worries. They were dirt poor and so shy as they sneaked glances at the cameras, then quickly turned away.

I looked at the word on my hand, and then the faces of the children, and I told myself: *You're going to win the Olympics, and you're going to give your own \$10,000 to Right to Play.*

Joy became my mantra.

I moved through the rest of that day as if through a dream. I envisioned the race unfolding—me being behind at the beginning, then coming on strong in the final two laps. All I had to do was bring myself to the line, then not waver from my mission, which was far greater than simply winning.

When I showed up at the oval, the first person I saw was Claudia. She was cordial, saying, "Hey, how's it going?" I thought: *You think you're going to work me over, but you have no idea how on to you I am.*

We were the last pair to race. I went through my warm-up on the ice, which was simply a reminder that I knew how to skate. I made no special effort and felt neither good nor bad.

I remember standing on the line, hearing myself introduced to the packed venue by name, country, and past successes. Because Claudia was the three-time defending champion, her ovation was enormous. Even though I'd won the World Cup and was World Champion two years before, my accomplishments paled beside Claudia's. I wanted to destroy her. The English announcer was Matt Jordan, my strength trainer who worked the big competitions, which I took as a good sign. I stood fiddling with my glasses, thinking: *Just shoot the gun.*

Glancing up into the crowd, I noticed a little girl in braids holding a paper Canadian flag and a sign with big red letters: FORZA CLARA. It was Rebecca, from the family whose house we were renting for Peter. Her eyes had that look of hope and jubilation that I'd seen in those kids from Uganda, thanks to Right to Play. I told myself: *Don't look up again because you'll lose it.* I glanced at my hand instead—*Joy*.

The gun fired.

I felt relaxed, then I tightened up, and Xiuli yelled at me to relax again and to breathe. The crowd was quiet. The Dutch had skated terrible races, and because we were so far behind Cindy's time, the spectators thought this was a dud event.

At first, there was no enthusiasm whatsoever as Matt counted down the laps, but we were inching closer to Cindy's winning time, and the crowd realized they were potentially witnessing the gold medal race. By the time I started to feel the pain, they were shouting.

With about three laps to go, I caught sight of Claudia in my peripheral vision, and she was looking a little tired, not as awesome as usual. I knew she was cracking, and that's when I had to attack. At precisely the point when knives pierced every muscle, I let the roar of the crowd ring in my ears, as if someone had switched off the mute button. I channelled the energy, drank it in, while repeating *Lower, longer, stronger*, and suddenly, I was going faster. With one more lap on the inner, I was even with Claudia. I urged myself to go as hard as possible because Claudia would have my draft on the last lap, which would slingshot her into the inner for a win. I skated like someone was chasing me with a knife. As I went down the backstretch, I could see Claudia's coach, but I didn't care. I was going to run him over if he got in my way. By my last outer, I was in agonizing pain. I couldn't see Claudia in my peripheral vision, so I focused on the finish line: *Just get me there.*

I threw my blade across that line, knowing I'd beaten Claudia, the three-time 5000-metre Olympic winner. Only then did I look at the numbers. I had broken the seven-minute barrier—6:59.07! I screamed, putting my head in my hands. I'd just won gold at the Olympics!

My body gave out and I collapsed, lying on the ice, sick with pain. When I turned my face, I saw Xiuli. She whispered, "I know you're hurting, but people are watching. You are on television. You should stand up."

After some coaxing, I managed not only to stand but to skate a lap with the Canadian flag flying high over my head, like an enormous wing, allowing me to feel it—pure joy. I, too, was flying. ●



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AMAZING FAKES | FEARLESS FOCAL WALLS | ONE-OF-A-KIND WREATHS



Make It Merry

Moving to a rental property didn't stop designer Amanda Forrest from celebrating the season in style. Here's how the *Marilyn Denis Show* design maven upgraded her family's short-term stay into a home for the holidays.

BY BRETT WALTHER
DESIGN BY AMANDA FORREST
PHOTOGRAPHY BY ANGUS FERGUSON



For designer Amanda Forrest, the process of finding the right rental property was no different than hunting for a forever home. “I toured 20 rentals prior to choosing one,” she says, noting that each house had a fundamental flaw, whether it was funky broadloom or wood floors that wouldn’t work with her furniture.

Why so particular? “It was important for me to have a space that I could feel proud of—even if it was just for 12 months,” says Forrest. What’s more, it was essential for the space to feel like home for her four children, who were moving with her from Victoria, B.C., to Milton, Ont., just west of Toronto.

Although the rental house that finally prompted Forrest to sign on the dotted line was half the size of the family home back in B.C., it ticked the box at the top of her wish list: It was a blank canvas. “The walls were a pale cream, and there was deep ebony-stained wood throughout,” says Forrest. “That was a good foundation as far as rental properties go, and it was a place in which I could see us being comfortable.”

With that neutral backdrop in place, Forrest set about putting her own personal stamp on the space—a task that required every last ounce of the designer’s ingenuity. “You’re not able to wallpaper or make

architectural changes to a rental, so you have to find other ways to create an impact,” she says. For instance, instead of painting entire rooms—which might have to be restored to white before she moves out—Forrest restricted the colour to focal walls in two key rooms, adding dramatic details with the help of painter’s tape.

And she didn’t shy away from buying new carpets, light fixtures and toss cushions that would be perfect for the new pad. “You have to invest in pieces that will make a house feel like a home, whether or not it’s a rental,” she says. “The biggest mistake renters make is not buying what they love for the space. It’s easy to get stuck in a holding pattern, putting off that commitment to quality and, instead, buying things that ‘will do for now.’” When Forrest finds more permanent digs for her family, these versatile investment pieces will move with them, slipping seamlessly into the new surroundings.

Adding a final layer of festive flourish to the house gave Forrest an opportunity to reflect on her family’s trek halfway across the country. “It was a big move, and the holiday palette was somewhat of a celebration that the space had come together,” she says. “The happy colour scheme was more a state of mind than a conscious decorating choice.” ♦



CARPET DIEM

In the living/dining room, a striking geometric area rug defines an intimate seating zone without compromising the airy open-concept layout. “It’s like art for the floor,” says Forrest, noting her choice of rug had as much to do with portability as it did visual appeal. “It’s a lightweight flatweave rug that folds up like a blanket—much easier to move than a hefty high-pile Persian!”

LICENCE TO THRILL

In order to appeal to the broadest possible market, the rooms in most rental properties tend to be bland, featureless boxes. To compensate for the lack of architectural detail, Forrest filled the living room with bold art, colourful upholstery and eye-catching accessories.

"Everything you bring to a rental space needs to be that much more graphic and larger in scale in order to make an impact," she says.

"It's up to you to give the space personality." *Sofa, urbanbarn.com. Union Jack pouf, area rug and floor lamp, homesense.ca. Diver art, leftbankart.com.*

GIFTS WITH PRESENCE

It's no accident that Forrest's wrapped gifts coordinate perfectly with her decor. She stockpiles stylish papers throughout the year, eschewing the kitschy prints of the holiday season for timeless stripes and chevrons.



THE FRESH FACTOR

The tree might be artificial, but the greenery gracing Forrest's dining table is always the real deal. "I find fresh flowers particularly important on a tablescape," she says. "That's where you're going to be spending a lot of time sitting and entertaining friends, so if you're going to splurge, that's the place to do it." In a nod to the traditional holiday decorating palette of red and green, Forrest paired cut carnations with potted junipers—both are readily available from any grocery store's floral department.

Add height to a table setting with a multitier stand!



TREES FOR THE FORREST

Forrest loves the look and smell of freshly cut Christmas trees but is less keen on the upkeep they require. “Between the children and my busy work schedule, a fresh tree isn’t something I could maintain well,” she says. Instead, she chose an unabashedly artificial flocked fir in luminous white. “It has a vintage vibe to it, and it was a big hit with the kids, too.” *Christmas tree, lowes.ca.*

ORNAMENTAL ACHIEVEMENT

Just because something wasn’t purchased as a Christmas decoration doesn’t mean it can’t join in on the festivities. From afar, the polka-dot ornament looks like another Christmas-tree bauble. Closer inspection reveals it’s a printed coaster that Forrest tucked into the branches! *Coaster, homesense.ca. Matte black balls, bouclair.com. Glitter stag’s heads, canadiantire.ca.*

LET THERE BE LIGHTS

The location of an overhead light fixture often dictates the arrange-

ment of the furniture below. This presented a particular problem in Forrest’s dining room, where the existing ceiling light was nowhere near the optimal spot for her dining table. After getting the OK from her landlord, Forrest paid to have an electrician replace the builder’s basic “boob light” with a chic chandelier positioned directly above the tabletop. “It was an investment, but the light I installed is a pendant-style fixture that I can take with me when I move out,” she says. *Chandelier, lowes.ca. Hanging star decorations, homesense.ca. Dining table, chintz.com. Dining chairs, ikea.ca.*

OFF THE WALL

The dining room’s dramatic backdrop isn’t wallpaper but a custom triptych Forrest fashioned from a mass-produced art print. “I ordered one large mural and applied it across three four-by-eight-foot sheets of plywood,” she says. Screwed directly into the wall, the plywood panels can be easily removed and the holes filled when Forrest’s lease is up. *Mural, anthropologie.com. ▶*

▶ **WANT TO SEE THE HOME FORREST LEFT BEHIND IN VICTORIA?**
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AMAZING FAKES

Even if you’re firmly in the freshly cut Christmas-tree camp, these problem-solvers could prompt you to go faux.

CAN’T ABIDE THE ARTIFICIAL LOOK?

Made from the mould of an actual noble fir, this 4,250-tip tree is almost indistinguishable from the genuine article. *Canvas Harrison Noble Fir 7½-foot tree, \$500, canadiantire.ca.*



CAN’T COMMIT TO AN EVERLASTING TREE?

Give yourself options with a versatile indoor-outdoor model. *Winter Berry tree, \$195, homedepot.ca.*



STRAPPED FOR SPACE?
Take advantage of this tree’s tiny footprint. *GlucksteinHome Hudson Cashmere six-foot prelit tree, \$200, thebay.com.*

Measures just 19 inches across!



SHORT ON TIME?
This pretty pine comes predecorated. *Hallmark Frosted Haven 7½-foot pine tree, \$299, lowes.ca.*



WANT TO GO RETRO?
Channel the Swinging ’60s in silver. *Vegas 7½-foot tree in Silver, \$179, urbanbarn.com.*



Need that freshly cut fragrance? Fir- and spruce-scented ornaments add another layer of realism to an everlasting tree. *ScentSicles scented ornaments, \$7 per pack of six, canadiantire.ca.*



*Nothing elevates
craft-store ribbon
like cutting
a notch in the
ends with fabric
scissors!*

With no ledge or frame from which to hang the wreaths, Forrest mounted the ribbon directly to the wall with pushpins.



MANTEL PEACE

This shallow industrial-style bud vase is the perfect fit for the narrow mantel, and it plays an integral part in Forrest's seasonal updates to the great room. It currently holds shimmering faux foliage, but in the summer, it's filled with stems of freshly cut hydrangea. Vase, morba.myshopify.com.

THE NEW BLACK

More than just a dramatic style statement, the inky black focal wall Forrest painted in the great room brings balance to the space. "The kitchen is on the opposite wall, and it's filled with heavy, dark cabinetry," she explains. To create the illusion of architectural detail, she painted over a pattern masked on the wall in quarter-inch-wide painter's tape. "I mapped out the X pattern in pencil, applied the painter's tape along those lines and then used a credit card to smooth down the edges of the tape to prevent any paint from bleeding underneath," she says. "It took almost as long to prep the wall as it did to paint it, but it was so exciting to take off the tape and see the final design."

RENTAL CONSENT

Forrest is well aware she hit the jackpot in the landlord stakes. "Not every property manager would be open to having his tenant paint a wall—let alone in black!" she laughs. While Forrest was perfectly willing to go through the hassle of returning the focal wall to its original colour before she leaves, the landlord loves the new look and is intent on keeping the moody hue. *Twilight Zone 2127-10 paint (on wall), benjaminmoore.ca. Chandelier, morba.myshopify.com. Tufted wing chair, toss cushions and area rug, homesense.ca. Sofa, urbanbarn.com. Coffee table, rh.com. Upholstered bench, cornerstonefurniture.ca.*

EXTENDING THE SEASON

For the holidays, Forrest swapped the painting that normally hangs above the fireplace with a contemporary white stag's head, flanked by glamorous glittering wreaths. "The wreaths give the space a wintry look, instead of being Christmas decorations per se," says Forrest. "That means I'm able to hang them on the wall earlier in the season, and I'll leave them up awhile after the holidays are over." ♦



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“On one hand, I felt a bit nervous to paint a bedroom pink, but it was also the perfect opportunity to push my limits.”

— AMANDA FORREST,
DESIGNER

TICKLED PINK

Although decorating a rental poses a number of challenges, Forrest also found it somewhat liberating. “Knowing that I was probably only going to be living here for a year or two made it a really good opportunity to try something a bit daring,” she says. In the master bedroom, that translated into a Coco Chanel-inspired pink focal wall with a geometric detail—a sophisticated effect that was achieved quite simply with conventional inch-wide painter’s tape. *Pearly Pink 2171-50 paint (on wall), benjaminmoore.ca. Headboard, homesense.ca. Chandelier, lowes.ca. Toss cushions, indigo.ca.*

TAPE EXPECTATIONS

Knowing she might have to return the focal wall to its original colour before she moves out, Forrest took an added precaution before painting. “I applied painter’s tape around the border of the focal wall to leave a white outline around the pink,” she says. “That way, I won’t have to worry about cutting in perfectly if it has to go back to white in a hurry.”

FOOT NOTE

In lieu of a traditional footboard, Forrest capped off her bed with a handsome brass-studded trunk—a souvenir from the greenroom she decorated for the 2013 Juno Awards in Regina. The hardworking piece of furniture serves as a stash for her handbag collection and earns its footprint in a number of other ways, too. “I don’t really like bed skirts, so it conceals the rails at the end of the bed,” she says. “It’s also a great place to sit down while you’re putting on your shoes.”

TREASURED CHESTS

Out of all the furnishings in the house, Forrest pegs the nightstands flanking her bed as her best investments. Snagged for \$500 apiece, they have potential that goes far beyond the bedroom. “In my next house, they could be beautiful as a bar in the living room or as a catchall for gloves in the front hall,” she says. “They’re great multifunctional pieces that I’ll never get rid of.” *Nightstands, cornerstonefurniture.ca.*

NEW HEIGHTS

Forrest always takes the scale of the bed into consideration when decorating a nightstand. “King beds like mine are so wide that you need a vertical element to balance them out,” she says. Realizing the table lamps on the sides of the bed weren’t tall enough to achieve this balance on their own, Forrest backed them with oversize art frames, leaned casually against the wall. As a thrifty alternative to buying original art, she filled the large frames with wallpaper remnants and reserved the small freestanding frames for photos of friends and family. “A nightstand is the first thing you see in the morning and the last thing you see at night,” she says. “It’s a great opportunity to build a personal vignette.” *Art frames, ikea.ca. Wallpaper (in frames) and lamps, homesense.ca.*

BONE UP

If you look closely, a skull motif makes a cameo in every room of the house. More than just an edgy accent, Forrest’s trademark flourish also carries a great deal of significance. “I’m Cree, and we believe skulls protect the home from negative spirits,” she says. ●



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Designing an outdoor wreath? Trade the hot-glue gun for craft wire, which won't come unstuck in extreme cold.

FOR THE CLASSICIST

Wreath Easy

Nothing extends a warm winter welcome like a statement-making wreath. Here are three one-of-a-kind designs you can whip up over the course of a weekend.

BY BRETT WALTHER DESIGN BY CORY CHRISTOPHER
PHOTOGRAPHY BY DEMETRIOS GIANNITSIOS



Designer
Cory Christopher
originally crafted
these wreaths as
fundraisers in support
of Edmonton-area
charities. Bid on this
year's lineup of
DIY designs in
late November at
corychristopher.ca.

Forever Green

This monochromatic mix of lime, chartreuse and kelly green will weather the elements almost as well as your traditional Fraser fir.

WHAT YOU'LL NEED

Artificial berry sprigs
Pinecones
Green latex paint
(three shades)
Craft wire
Foam wreath form
Artificial pears
Reindeer moss
Wire-edge ribbon

HOW TO MAKE IT

Dip berry sprigs and tips of pinecones in latex paint, switching up paint colours so all three shades are represented equally. Allow to dry. Wind 10-inch (25 cm) lengths of craft wire around individual berry sprigs and bases of pinecones; wire them in place on wreath form. Continue adding sprigs and pinecones until wreath form is completely covered. Affix pears to wreath form with craft wire. Fill in gaps with reindeer moss and dress with ribbon bow.

FOR THE
WRAP STAR



For a seamless design, use foamcore that's the same colour as the gift boxes.

Present Perfect

This ring of pretty packaged gifts is a playful update on the classic wreath form.

WHAT YOU'LL NEED

Small square and rectangular gift boxes
Ribbon
Buttons
Jingle bells
Ornaments

Hot-glue gun
Sheet of foamcore
Craft knife
Artificial greenery sprays (such as Ashland artificial greenery, canada.michaels.com)

HOW TO MAKE IT

Decorate gift-box lids with ribbon, buttons, jingle bells and small ornaments. Arrange boxes in tightly packed ring formation on sheet of foamcore. Using hot-glue gun, attach base of each box to foamcore. Using craft knife, cut foamcore ½ inch (1 cm) beyond inner and outer rings of boxes; remove excess. Fill gaps between boxes with artificial greenery; affix with glue. Hang indoors.

RATHER BUY IT THAN DIY IT? WE'VE GOT THE BEST READY-MADE WREATHS ON THE MARKET AT canadianliving.com/wreaths2015.

Ring in the Season

PVC pipe takes a glamorous turn in this chic upcycling project.

WHAT YOU'LL NEED

Protective goggles
Fine-blade mitre saw
PVC pipe in four widths
Sandpaper
Waterproof permanent adhesive

Clamps
White spray paint
Shatterproof ball ornaments
Hot-glue gun
Ribbon

HOW TO MAKE IT

Wearing protective goggles, use mitre saw to cut pipes into 3-inch (8 cm) lengths. Smooth cut edges with sandpaper, then arrange tubes in ring formation. Bond tubes with adhesive, using clamps to ensure maximum adhesion. Once adhesive is dry, apply two coats of spray paint. Glue ornaments inside tubes with hot-glue gun, then hang wreath from ribbon, looping both ends through tubes at top right and left.

GORGEOUS WREATHS ARE DE RIGUEUR IN HALIFAX'S HISTORIC SOUTH END. TAKE OUR HOLIDAY HOME TOUR AT canadianliving.com/halifaxdoors.



To guide the ring formation, arrange PVC pieces around a coffee can or a round plate.

FOR THE
MINIMALIST



Joy to the Table

The table is set, and pies are in the oven. This is a time to linger around the table for hours, with festive serveware that makes your first, second and fifth courses worth celebrating. Hand-painted, hand-etched Tartan glassware turns every meal into a toastable occasion, while our new porcelain appetizer plates add a distinctly noble flavor. And why not use a garland as a table runner? This is your holiday, after all. 🍷

Our new holiday collections have arrived. See them all in stores.

Pier1 IMPORTS™

HOSTING

EASY DECOR | STOCK YOUR HOME BAR | NO-COOK NOSHERS | ETIQUETTE Q&A

CELEBRATING FORTY YEARS
40th
ANNIVERSARY
of CANADIAN LIVING

HOW TO PLAN

Party for a Reluctant Hostess

We showed CTV's Marilyn Denis that even she isn't too busy to pull off a polished cocktail gathering at home.

BY SANDRA E. MARTIN
PHOTOGRAPHY BY EVAAN KHERAJ

MARILYN DENIS CONNECTS with people. High-definition television cameras make that obvious to the 2.3 million average weekly viewers who tune in to her lifestyle program, *The Marilyn Denis Show*, airing on CTV each weekday. And no doubt that's been key to her three-plus decades of success in the notoriously tough broadcasting business. Marilyn is a one-on-one kind of gal. So it isn't surprising that, in her personal life, she isn't a fan of big, loud bashes. "Something small and meaningful and caring and authentic—I think that's great," she says. While Marilyn has said often that she'd sooner make a restaurant reservation than cook for guests, we managed to convince her that she can offer up delicious food without a lot of time or effort. ☛

Marilyn with Brett,
CL's Home &
Garden director



EASY DOES IT

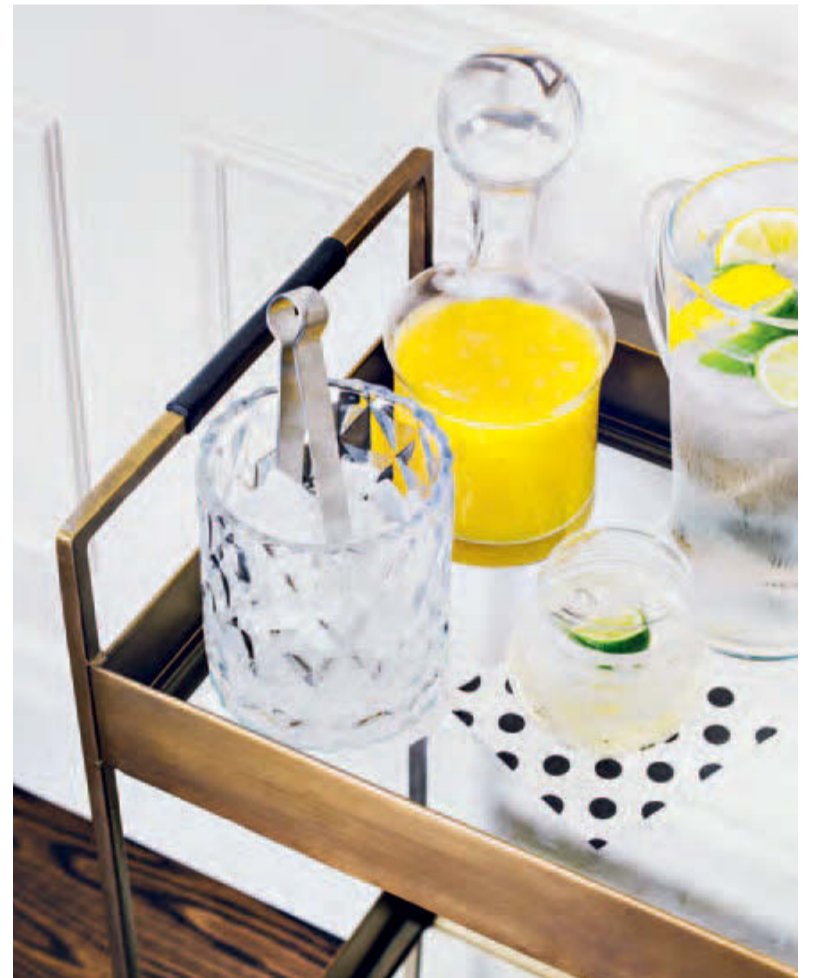
BEFORE YOU GET STRESSED about the state of your house, remember that your guests RSVP'd "Yes" because they want to spend time with you—not because they expect to be entertained in a five-star hotel-lobby setting. Decorating for the kind of gathering Marilyn favours is simple. **Step 1:** Stash clutter. (Your basement or a bedroom closet is perfect for temporarily storing stuff you don't want guests to see but you don't have time to deal with in a permanent way.) **Step 2:** Dust surfaces and run the vacuum. **Step 3:** Use the glasses, dishware and serving utensils you already have to plate appetizers and pour drinks. It's OK if everything doesn't match; in fact, it's preferable! As it happens, Marilyn's house is ideal for intimate entertaining, with rooms that flow into one another toward the kitchen at the back of the house.

 **FIND OUT WHICH ROOM IS MARILYN'S FAVOURITE**
AT canadianliving.com/marilynshome.

For a 10-second floral arrangement, place gladioli in a tall vase, slightly twisting stems counterclockwise.

IN CASE GUESTS CAN'T DRIVE

Post phone numbers for taxi services in a handy spot, or download your local cab company's app on your smartphone, to ensure that your guests can get a safe ride home. Mikasa Lustre collins glasses, thebay.com. Ice bucket and napkins, homesense.ca.



MIX IT UP

Offer mixers such as fruit juice and refreshing citrus water in pretty glass decanters or pitchers that coordinate with the rest of your barware without being matchy-matchy. Cube ice bucket, Tino decanter and Brew pitcher, crateandbarrel.com. Kate Spade New York Library Stripe stemless wineglass and Black Dots paper cocktail napkin, thebay.com.

WHAT THE PROS KNOW

Raising the Bar

When hosting a party, the last thing you need to be worried about is topping up drinks throughout the evening. That's where a bar cart comes in: It allows your guests to serve themselves, leaving you free to tackle the more pressing tasks on your to-do list—and to enjoy a drink, too! Here's how to stock a bar cart that looks after itself.

BY BRETT WALTHER

A single potted orchid adds height to the vignette.



BOURBON IS SHAPING UP TO BE ONE OF THE SEASON'S HOTTEST SPIRITS. FIND OUR PARTY-STARTING BOURBON SIDECAR RECIPE AT canadianliving.com/bourbon.

1 BOTTLE SERVICE

Space on the bar cart is at a premium, so edit down your selection of wine and spirits to a few essentials. At the bare minimum, you should offer red wine, white wine, beer and the ingredients for a signature cocktail.

2 BREAK THE ICE

The rule of thumb is to plan for one pound of ice per guest. That takes into account not just the ice cubes you're adding to drinks but also ice in buckets to chill white wine and beer. To ensure that you have enough, start bagging the ice in your refrigerator's ice maker a few days in advance of the party.

3 MIX MASTER

A bar cart should include a few nonalcoholic options—including water—as stand-alone beverages and mixers. Transfer fruit juices from their not-so-pretty packages into handsome decanters; any leftovers can be popped into the fridge at the end of the night.

4 GLASS ACT

To save space, opt for double-duty glassware like stemless wineglasses, which can be used for either red or white wine. Although you can't possibly provide the perfect glass for every cocktail imaginable, you can tick most boxes by offering two different sizes (a rocks glass and a collins glass, for instance) and a versatile Champagne coupe.

5 TOOL TIME

Steer clear of any bar tools that your guests would need an instruction manual to operate. A simple corkscrew, a long spoon, a jigger and a cocktail shaker with a strainer are likely the only hardware you'll need on hand. *Libations bar cart, Dillon's bitters, Orb Champagne bucket, Carter cocktail shaker and Pacific beverage tub, crateandbarrel.com.*

FOR BRETT'S STEP-BY-STEP GUIDE TO PREPPING YOUR HOME BAR FOR A PARTY, GO TO canadianliving.com/barcart.



Good
things
come from
All-Bran.*

HERE THEY COME!

As a thank-you for the entertaining how-tos she picked up from us, Marilyn invited the *Canadian Living* team, along with a few other close friends and experts from *The Marilyn Denis Show*, over to her place.

Clockwise from top left: Our Food director, Annabelle, is the first to arrive, followed by editor-in-chief Sandra, Marilyn's on-air experts, stylist Peter Papapetrou and Charles the Butler, and *CL*'s Julia and Brett.



Fibre-Rich Chili Recipe

Ingredients

1 lb lean ground beef
1 large onion
2 medium green peppers
1 can tomatoes
1 can tomato sauce
4 tsp chili powder
1/4 tsp garlic powder
1/4 tsp salt
1/8 tsp pepper
1 can red kidney beans
1 cup All-Bran Buds* or All-Bran Original* cereal

Directions

In a large, heavy saucepan, cook beef with onion and green pepper until meat is brown, stirring frequently. Drain off any fat. Break tomatoes into chunks and add to saucepan. Stir in tomato sauce, chili powder, garlic powder, salt and pepper until well mixed. Stir in beans and bring to a boil. Reduce heat and simmer uncovered for 40 minutes, stirring occasionally. Stir in All-Bran Buds* or All-Bran Original* cereal and cook for 10 minutes longer, stirring frequently.

See what else is in the box
at allbran.ca



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HAIR, JUKKA/MOROCCANOIL/PLUTINO GROUP. MAKEUP, ANIYA NANDY/ARBONNE/PLUTINO GROUP. ON ANNABELLE: DRESS, ADDITIONELLE.COM. ON SANDRA: THE KOOPLES SMOKING JACKET AND MSGM PANTS, HOLTRENFREW.COM. ON JULIA: PINK TARTAN SHIRT, HOLTRENFREW.COM. SKIRT, TEDBAKER.COM.

WHAT TO EAT

Instant Entertaining

Wow your guests with a cheese-and-charcuterie board that requires minimal effort—but delivers big on personality.

BY GILEAN WATTS & THE TEST KITCHEN

BUILDING YOUR CHEESE PLATTER

Who says you can't please everybody? It's as simple as putting a variety of textures and tastes on your platter, ranging from sharp firm cheeses to aromatic soft types. For extra variety, choose from different milks, such as cow, goat and sheep. Here are our picks to please every palate and every budget.

SOFT CHEESES have a smooth texture and a creamy flavour. Because of their consistency, these varieties are best served with crackers or baguette.
\$: Soft goat cheese log (a.k.a. chèvre) or feta
\$\$\$: Artisanal soft goat cheese (look for ash-covered varieties, such as Grey Owl or Le Cendrillon)

SEMISOFT CHEESES often have bloomy edible rinds and creamy interiors. Their flavours range from strong and nutty (Oka) to mild and buttery (Brie).
\$: Double-cream Brie, Camembert, Boursin, Oka or bocconcini
\$\$\$: Morbier or triple-cream bloomy-rind varieties (such as Laliberté, Chateau de Bourgogne or Saint-André)

FIRM OR HARD CHEESES are often sharper in flavour because of their longer aging process. Have a sharp knife or a cheese slicer on hand so guests can cut thin slices off the wedge or brick as they wish (precutting may result in oil droplets rising to the surface of the cheese).
\$: Canadian extra-old Cheddar or mild Gouda

\$\$\$: Applewood smoked or clothbound Cheddar, Mimolette, Parmigiano-Reggiano or aged Gouda

BLUE CHEESES are injected with moulds to give them their distinctive blue veins and tangy flavour. The pungency differs by variety: Roquefort is notoriously strong, while Danish blue and Cambozola tend to be milder.

\$: Gorgonzola or Danish blue
\$\$\$: Roquefort, Stilton, Cambozola, Shropshire Blue or Bleu Bénédictin

BUILDING YOUR CHARCUTERIE BOARD

Select a mix of delicate cured cuts of meats such as bresaola (air-dried beef tenderloin) and prosciutto, and firm cured sausages such as salami or dry-cured sausage. For instant variety and texture, add a smooth store-bought pâté or terrine.

\$: Italian salamis (such as Calabrese sausage or soppressata), Spanish-style chorizo sausage, mini smoked sausages, or pork- or chicken-liver pâté
\$\$\$: Jamón ibérico or serrano ham, prosciutto, bresaola, capocollo, or duck- or goose-liver pâté or mousse

For crunch, add almonds, walnuts, pistachios, crackers, breadsticks and sliced baguette.

Add a mix of fruit and store-bought chutneys and jams to contrast the richness of the cheese.

**LALIBERTÉ:
2015 CANADIAN
CHEESE GRAND
PRIX CHAMPION!**



For the best flavour, cheese should be served at room temperature, so take it out of the fridge 45 minutes to one hour before serving.



Cured meats shouldn't be left at room temperature for more than two hours.



ESTIMATE
30 TO 45 GRAMS
OF CHEESE
PER GUEST

For a hit
of acidity
and colour,
add small
dishes
of olives,
pickled
vegetables
and grainy
mustard.

ESTIMATE
55 TO 85 GRAMS
OF MEAT
PER GUEST

No-Cook
Roasted
Red Pepper
Chutney



Watch how to make our No-Cook
Roasted Red Pepper Chutney at
canadianliving.com/pepperchutney.



Charles MacPherson,
founder, Charles
MacPherson
Associates Inc.

Q&A

Guest Assured

A successful party isn't entirely in the hands of the host. In fact, according to **Charles MacPherson**, the people on the guest list have an equally important role to play. We grilled *The Marilyn Denis Show*'s resident butler on how to be a good—and gracious—guest.

BY BRETT WALTHER

WHAT ARE A GUEST'S RESPONSIBILITIES?

A good guest needs to come prepared with topics to talk about. That means reading a magazine and watching the news so you can contribute to conversations about more than the weather. You don't have to be an expert on every subject—whether it's Wimbledon or the opening of a new art exhibit in town—but being aware of them gives you a common ground for discussion. You have to be able to be interested in what people are talking about in order to be interesting to talk to.

WHAT MAKES A GREAT HOSTESS GIFT?

People have gone over the top with the whole hostess-gifts thing, and it's become unnecessarily stressful. How much should you spend? Should the host open it now or later? Are you making other guests who didn't bring a gift uncomfortable? If you want to give a hostess gift, send it before the event: a little fresh flower arrangement with a note saying, "I'm really looking forward to having dinner with you tomorrow night." Or, on the following day—not three days after the party—drop off a thank-you note with a box of chocolates. And, remember, the difference between a good thank-you note and an excellent thank-you note is personalization: Mention something specific about the event that you appreciated. Instead of just saying, "Thank you for the lovely evening," add, "I really loved that pear-and-cheese crostini you served." It sounds so much more sincere.

LET'S SAY YOU'VE JUST ARRIVED AT A COCKTAIL PARTY. DO THE SHOES STAY ON OR COME OFF?

The first thing you do is quickly have a look around. When I walked into Marilyn's house, the floor looked so pristine and the carpets were a light colour, so I asked if this was a shoes-on or shoes-off party. As a guest, there's nothing wrong with asking a host if you're ever unsure of something.

IS IT TACKY TO BRING A PAIR OF "INDOOR SHOES" TO A PARTY?

It's great to have that option—particularly in bad weather—but don't assume that just because you've brought indoor shoes that you can wear them. Some hosts don't like women to wear high-heeled shoes indoors because they might damage their carpets or wood floors, for instance.



For more entertaining tips from Charles MacPherson, check out *The Pocket Butler: A Compact Guide to Modern Manners, Business Etiquette and Everyday Entertaining* (Penguin Random House, \$15).

HOSTING A FANCY SIT-DOWN DINNER? CHARLES THE BUTLER SHARES THE SECRETS OF PROFESSIONAL PLACE SETTINGS AT canadianliving.com/butlertips.



Above: Marilyn's open-concept kitchen is party-perfect; below: Marilyn's etiquette expert, Charles the Butler, shares a laugh with Annabelle.



The Great White North

*From sweet to salty, these locally made cheeses
are a truly Canadian pleasure.*

Canadian Feta

Canadian Bocconcini

Canadian Mascarpone

LOOK FOR



For delicious recipes visit all you need is **cheese**.ca

SHARP

SuperSteam+



STEAMULATE

Whether a food connoisseur or a novice in the kitchen, the Sharp SuperSteam+ oven, with full colour touch navigation controls, will guide you to your favourite meals, effortlessly.

Eating healthy should not require hard work, or be a strenuous exercise. Whether you're cooking for two or a family, veggie or vegan meals, Sharp's SuperSteam+ oven, with 28 meal menus and over 50 preset cooking modes, empowers you to take control of what you eat, with ease and convenience.

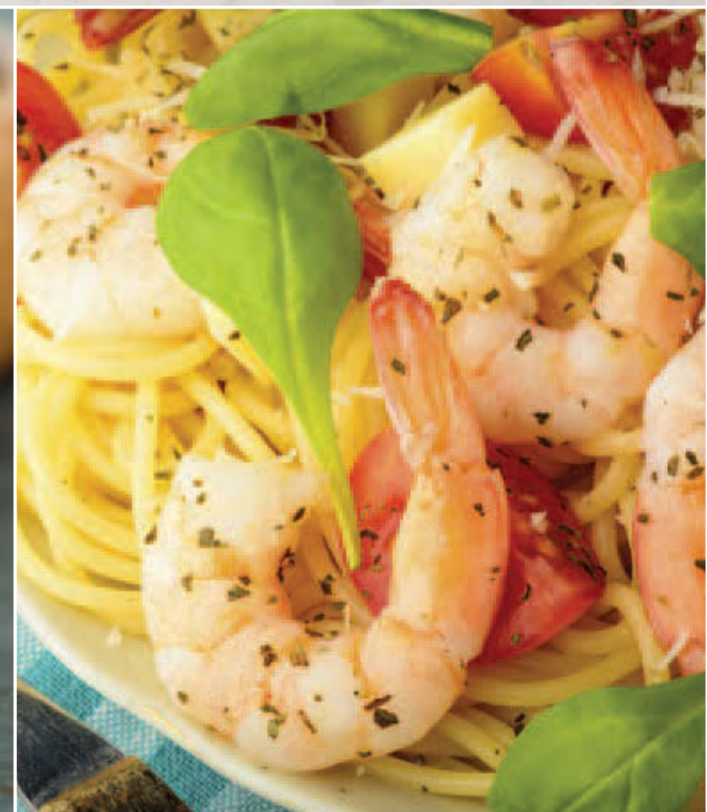
Start your epicurean journey, of rediscovering your favourite recipes, with wholesome, fresh, and flavourful ingredients, using cooking methods that don't require large amounts of additional fats, resulting in fewer calories.

SuperSteam+ oven does more than just add steam to convection dry heat. With variable steam options, from gentle steam at 90°F to super-heated steam at 500°F, and controlled heated steam flow in upper, mid and lower zones, you can now grill and roast to perfection, simmer and sauté, or use gentle steam for proofing, defrosting and warming.

Combining Steam, Steam+Convection and Convection cooking methods, the Sharp SuperSteam+ oven is truly the ultimate cooking appliance.

With Sharp's SuperSteam+ oven you won't have to compromise on taste or appearance.

Sharp.ca





YOUR SENSES



*Shown with an optional SMD3070ASC Microwave Drawer.

MATCHA MADE EASY

Sharp Tea-Céré makes enjoying authentic matcha easier. This delicious, traditional Japanese tea can be very difficult to prepare by hand. Created in consultation with leading Japanese tea experts, Sharp Tea-Céré preserves the traditional Japanese preparation process for authentic matcha but with none of the hassle.



Makes Authentic Matcha Tea in **4 EASY STEPS**

1. GRINDS **2. BREWS** **3. WHISKS** **4. SERVES**

MORE THAN MATCHA

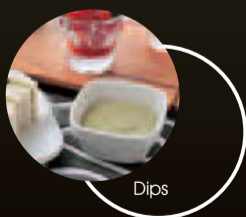
Tea-Céré does much more than matcha. It can also grind and brew other teas. In addition to making delicious tea, versatile matcha powder can be used as an ingredient in a wide range of recipes from sweet to savory.



Green
Tea
Latte



Cake



Dips



Ice Cream



Smoothies



FOOD

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SWEET SPREAD P. 138

Vegetarian
Shepherd's Pie,
p. 105



Quick & Easy

Busy weeknights call for quick comfort food. These rich, soothing and surprisingly simple suppers will take the stress out of your dinnertime routine.

BY LEAH KUHNE & THE TEST KITCHEN



PRESIDENT'S CHOICE® BLACK LABEL COLLECTION

THE BEST THING SINCE SLICED BAGUETTE.

When you top toasty baguette slices with PC® Black Label Grilled and Marinated Artichoke Halves, you get a whole new level of appetizer. Our sumptuous and tender artichokes are sun-ripened in Spain and picked at their flavourful best. Then we lightly grill and marinate them in an infusion of fine oils, garlic and spices. Try making our **Artichoke & Roasted Tomato Crostinis** for an effortlessly amazing dish your guests won't soon forget.



Find all our fall-inspired recipes at pc.ca/blacklabel



CRAVE MORE™



Budget-friendly

Canned lentils are an affordable alternative to ground beef or lamb.

Use a paring knife to scrape the peels from the warm potatoes.

VEGETARIAN SHEPHERD'S PIE

Hands-on time: 25 minutes

Total time: 25 minutes

Makes: 4 servings

Thanks to wholesome lentils and umami-rich mushrooms and soy sauce, even meat lovers will enjoy this vegetarian take on a traditionally meaty comfort-food classic. For faster prep, pulse together the mushrooms, onion and carrot in a food processor until they're finely chopped.

¾ cup	no-salt-added vegetable broth
1 tbsp	sodium-reduced soy sauce
1 tbsp	cornstarch
½ tsp	salt
¼ tsp	pepper
2	large russet potatoes (about 700 g total)
2 tsp	olive oil
1	pkg (227 g) button mushrooms, finely chopped
1	onion, finely chopped
1	carrot, finely chopped
1½ tsp	chopped fresh thyme
1	can (540 mL) lentils, drained and rinsed
¼ cup	chopped fresh parsley
¼ cup	milk
2 tbsp	butter
½ tsp	grainy mustard


In small bowl, whisk together broth, soy sauce, cornstarch and half each of the salt and pepper until smooth. Set aside.

Using fork, prick potatoes all over. Microwave on high, turning once, until fork-tender, 8 to 10 minutes. Set aside until cool enough to handle.

Meanwhile, in large skillet, heat oil over medium-high heat; cook mushrooms, onion, carrot and thyme, stirring occasionally, until softened and no liquid remains, 6 to 8 minutes. Stir in lentils; cook for 1 minute.

Stir in broth mixture; cook, whisking, until slightly thickened, about 2 minutes. Stir in 3 tbsp of the parsley. Scrape into 6-cup (1.5 L) casserole dish.

Peel potatoes. Using potato masher, mash together potatoes, milk, half of the butter and the remaining salt and pepper. Stir in remaining parsley and the mustard. Spoon over mushroom mixture, spreading to edge; dot with remaining butter. Broil on centre rack until top is golden, 3 to 5 minutes.

PER SERVING: about 358 cal, 18 g pro, 9 g total fat (4 g sat. fat), 57 g carb (8 g dietary fibre, 8 g sugar), 16 mg chol, 764 mg sodium, 1,286 mg potassium. % RDI: 7% calcium, 39% iron, 38% vit A, 53% vit C, 100% folate. 



ARTICHOKE AND ROASTED TOMATO CROSTINI

INGREDIENTS

1	350 g baguette
1 jar (370 mL)	PC® Black Label Grilled and Marinated Artichoke Halves, drained with oil reserved and sliced
1 pkg (255 g)	PC® Grape Tomatoes, halved
2	cloves garlic, thinly sliced
¼ tsp (1 mL) each	salt and freshly ground black pepper
½ cup (125 mL)	loosely packed fresh basil leaves, torn
¼ cup (50 mL)	shaved PC® Black Label Aged 36 Months Parmigiano Reggiano

INSTRUCTIONS

- Preheat oven to 400°F (200°C).
- Cut baguette into 24 slices on a slight diagonal, each slice about 1/2-inch (1 cm) thick. Save remaining baguette for another use. Arrange slices on rimmed baking sheet; brush both sides with 3 tbsp (45 mL) of reserved oil. Bake in top third of oven until crisp, about 12 to 15 minutes, turning after 8 minutes. Transfer to rack to cool.
- Arrange tomatoes cut side up in an 8-inch (2 L) square glass baking dish; evenly scatter garlic throughout. Drizzle 2 tbsp (25 mL) of reserved artichoke oil over top; sprinkle with salt and pepper. Roast in centre of oven for 25 to 30 minutes or until tomatoes are soft but not falling apart. Let cool to room temperature.
- Mix artichokes and basil gently into roasted tomatoes. Spoon mixture onto crostini; top with shaved cheese.



PRESIDENT'S CHOICE® BLACK LABEL COLLECTION



Smoked sausage gives this stew a cooked-over-the-fire flavour.

Perfect pairing

A crunchy topping adds texture to a saucy stew.

QUICK CASSOULET STEW

Hands-on time: 25 minutes

Total time: 30 minutes

Makes: 6 servings

This hearty French stew (named after the earthenware pot that it's traditionally cooked in) normally takes hours to prepare. Using canned beans and chicken thighs (instead of the usual duck confit) allows you to get it on the table in just minutes!

1 tbsp	olive oil
1	onion, chopped
half	bulb fennel, trimmed, cored and coarsely chopped
2	carrots, coarsely chopped
4	cloves garlic, minced
3	sprigs fresh thyme
1 tsp	minced fresh rosemary
4	boneless skinless chicken thighs (about 285 g total), cut in bite-size pieces
pinch	salt

1 cup	thinly sliced smoked farmer's sausage
1 tbsp	all-purpose flour
1	can (796 mL) diced tomatoes
1	can (540 mL) white kidney beans, drained and rinsed
2 tsp	butter
½ cup	fresh bread crumbs
¼ cup	chopped fresh parsley

In Dutch oven or large heavy-bottomed saucepan, heat half of the oil over medium heat; cook onion, fennel, carrots, garlic, thyme and rosemary, stirring often, until beginning to soften, about 5 minutes. Using slotted spoon, remove to plate. Set aside.

Sprinkle chicken with salt. Add remaining oil to Dutch oven; heat over medium-high heat. Cook chicken and sausage, stirring occasionally, until no longer pink, about 4 minutes. Sprinkle with flour; cook, stirring, for 1 minute.

Stir in onion mixture, tomatoes, beans and 1 cup water, scraping up browned bits; bring to boil. Reduce heat, cover and simmer, stirring occasionally, until slightly thickened and vegetables are tender, 5 to 7 minutes. Discard thyme.

While stew is simmering, in skillet, melt butter over medium heat; cook bread crumbs, stirring often, until golden brown, about 5 minutes. Stir in 1 tbsp of the parsley.

Stir remaining parsley into stew. Sprinkle with bread crumb mixture.

PER SERVING: about 297 cal, 19 g pro, 13 g total fat (4 g sat. fat), 28 g carb (8 g dietary fibre, 8 g sugar), 55 mg chol, 589 mg sodium, 751 mg potassium. % RDI: 11% calcium, 25% iron, 48% vit A, 43% vit C, 20% folate.

TIP FROM THE TEST KITCHEN

To make fresh bread crumbs, pulse cubed day-old bread in a food processor until they're in fine crumbs. Place any leftovers in a resealable freezer bag, pressing out as much air as possible, and freeze for up to four weeks.

SPEEDY MINI LASAGNAS

Hands-on time: 20 minutes

Total time: 30 minutes

Makes: 4 servings

We've achieved a 30-minute version of family-favourite lasagna by breaking the noodles into bite-size pieces, stirring the ingredients together and broiling them in serving-size ramekins. You get all the cheesy, hearty flavours of lasagna, without the time-consuming process of layering.

8	lasagna noodles, broken in bite-size pieces
2 tsp	olive oil
300 g	extra-lean ground beef
1	onion, diced
3	cloves garlic, finely grated or pressed
1 tbsp	Italian herb seasoning
½ tsp	salt
¼ tsp	pepper
1	small zucchini (peel-on), grated
1	bottle (680 mL) strained tomatoes (passata)
4 tsp	liquid honey
⅔ cup	extra-smooth ricotta cheese
½ cup	grated Parmesan cheese
½ cup	chopped fresh basil
1	egg yolk
½ cup	shredded mozzarella cheese


In large saucepan of boiling lightly salted water, cook noodles according to package instructions until al dente. Drain.

Meanwhile, in large skillet, heat oil over medium-high heat; cook beef, onion, two-thirds of the garlic, the Italian seasoning, salt and pepper, stirring occasionally and breaking up beef with spoon, until beef is no longer pink and onion is softened, about 5 minutes.

Add zucchini; cook, stirring, until softened, about 2 minutes. Reduce heat to medium. Add strained tomatoes and honey; cook, stirring, until hot and combined, about 1 minute. Stir in noodles. Spoon into four 1½-cup (375 mL) ramekins.

In bowl, stir together ricotta, Parmesan, basil, egg yolk and remaining garlic until smooth. Spoon over noodle mixture, spreading to edges of ramekins. Sprinkle with mozzarella.

Broil on rimmed baking sheet on centre rack until tops are browned and bubbly, 3 to 4 minutes. Let stand for 5 minutes before serving.

PER SERVING: about 587 cal, 38 g pro, 22 g total fat (11 g sat. fat), 57 g carb (5 g dietary fibre, 12 g sugar), 125 mg chol, 827 mg sodium, 495 mg potassium. % RDI: 32% calcium, 36% iron, 53% vit A, 12% vit C, 63% folate. 

Simple substitute

Jarred pasta sauce can stand in for the passata and honey.

TIP FROM THE TEST KITCHEN

Broiling the lasagnas on the centre rack allows the ricotta mixture to become hot and bubbly before the tops brown.



Watch how to make this recipe at
canadianliving.com/chickensoup.



Keep it simple

Using just one
saucepan
minimizes cleanup.

THICK AND CREAMY CHICKEN NOODLE SOUP

Hands-on time: 20 minutes

Total time: 30 minutes

Makes: 4 servings

On a cold, dreary day, there's no dish more soothing than a steaming bowl of chicken soup. In this one-pot version, we've poached the chicken in the savoury broth to intensify the chicken flavour and added a touch of cream for a velvety, rich consistency.

2 tsp	olive oil
1	onion, diced
1	carrot, halved lengthwise and thinly sliced crosswise
1	rib celery, chopped
1	clove garlic, minced
1 tsp	chopped fresh thyme
¼ tsp	each salt and pepper
1	pkg (900 mL) sodium-reduced chicken broth
2	boneless skinless chicken breasts (about 500 g total)
2 cups	broad egg noodles (such as No Yolks)
¼ cup	whipping cream (35%)
3 tbsp	all-purpose flour
1 cup	frozen peas
3 tbsp	chopped fresh parsley

In Dutch oven or large heavy-bottomed saucepan, heat oil over medium heat; cook onion, carrot, celery, garlic, thyme, salt and pepper, stirring occasionally, until softened, about 8 minutes.

Add broth and chicken; bring to boil. Reduce heat, cover and simmer for 2 minutes. Stir in noodles; cover and simmer until chicken is no longer pink inside and noodles are al dente, about 9 minutes.

Remove chicken breasts to cutting board. Using 2 forks, shred into bite-size pieces.

In small bowl, whisk together cream, flour and 1 cup water until smooth. Whisk into soup; bring to boil. Reduce heat and simmer until slightly thickened, about 2 minutes. Stir in chicken and peas; simmer for 1 minute. Stir in parsley.

PER SERVING: about 402 cal, 39 g pro, 10 g total fat (4 g sat. fat), 37 g carb (4 g dietary fibre, 6 g sugar), 92 mg chol, 841 mg sodium, 542 mg potassium. % RDI: 5% calcium, 19% iron, 47% vit A, 18% vit C, 49% folate.



Read the package instructions when buying the egg noodles. You'll want noodles that take about 12 minutes to cook so that they're done at the same time as the chicken.



Leftovers for lunch

Sandwich any leftover beef in a ciabatta bun.

SLOW COOKER SWEET-AND-SOUR BRISKET

Hands-on time: 15 minutes

Total time: 8¼ hours

Makes: 8 servings

Brisket is a hearty main often favoured for Sunday dinners. Here, it's a fuss-free weeknight option—just throw the ingredients together in the morning and come home to fall-apart-tender meat. Serve with mashed potatoes and tender-crisp sautéed green beans to round out the meal.

- 1 onion, sliced
- 1.35 kg boneless double beef brisket pot roast
- 1 can (348 mL) whole-berry cranberry sauce

- ½ cup ketchup-style chili sauce
- 4 tsp grated fresh ginger
- 1 tbsp Worcestershire sauce
- 2 tsp onion powder
- 1 tsp salt
- ¼ tsp pepper
- 3 tbsp cornstarch

Arrange onion in bottom of slow cooker; place beef on top. In bowl, whisk together cranberry sauce, chili sauce, ginger, Worcestershire sauce, onion powder, salt and pepper; pour over beef. Cover and cook on low until beef is tender, about 8 hours.

Carefully scrape any cranberry mixture off top of beef. Remove beef to cutting board; tent with foil. Let rest for 10 minutes before slicing.

While beef is resting, skim fat from juices in slow cooker. In small bowl, whisk cornstarch with 3 tbsp water; whisk into slow cooker. Cover and cook on high until thickened, about 10 minutes. Serve with beef.

PER SERVING: about 465 cal, 32 g pro, 24 g total fat (9 g sat. fat), 28 g carb (2 g dietary fibre, 22 g sugar), 106 mg chol, 668 mg sodium, 604 mg potassium. % RDI: 2% calcium, 24% iron, 1% vit A, 8% vit C, 5% folate. ●

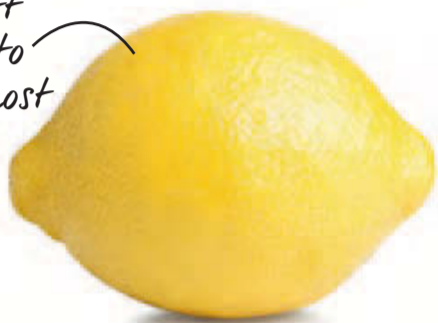
TIP FROM THE TEST KITCHEN

A double brisket is made up of both lean and fatty meats, so you can have your choice at the dinner table. If the brisket's too large for your slow cooker, you may need to cut it in half to fit.

WASTE NOT

Don't throw out leftover buttermilk; instead, freeze it in one-cup portions and thaw it in the fridge as needed. Before adding it to batters, give it a vigorous whisk to homogenize the mixture.

Buy soft lemons to get the most juice!



SQUEEZE EASY

Microwave lemons and limes for a couple of seconds to make them easier to juice.

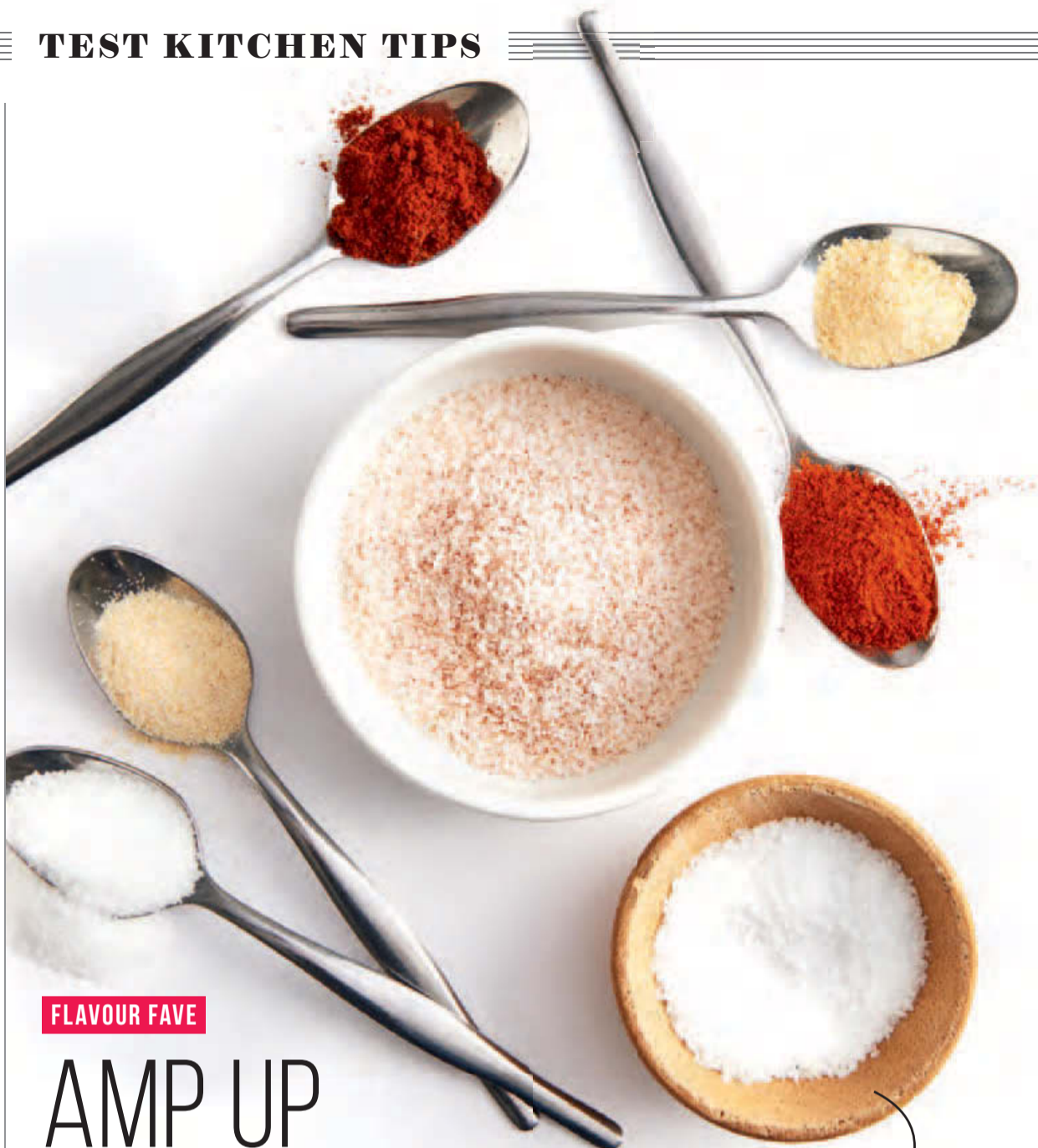


PREP PROTECTION

SAFETY FIRST

The mandoline is a trusted tool for slicing vegetables and fruit in a flash. Our favourite tip for using it at home? Wear a fishing glove! Found in hardware stores, these cut-resistant gloves allow you to slice safely.

— Jennifer Bartoli



FLAVOUR FAVE

AMP UP THE FLAVOUR

I like to make my own blend of homemade seasoning salt. I combine two parts table salt, one part granulated sugar and a generous pinch each of garlic powder, onion powder, paprika and cayenne pepper. It's delicious sprinkled onto warm fries, roasted potatoes or anything that's seared in a hot skillet, and it's a unique way to flavour popcorn. — Irene Fong

Discard spices that are older than six months and replace them with fresh ones. It can make all the difference in your recipes.



KITCHEN HACK

Scoop It Up!

Use a melon baller to easily scoop out the seeds of fall squash. It's sharper than a spoon and it won't slip against all of those slippery membranes. — Amanda Barnier

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GUEST EDITOR

HOW EASY ARE THE PARTY-FOOD TIPS ON PAGE 96? THE FAMOUSLY NON-COOKING MARILYN DENIS TOLD OUR FOOD DIRECTOR, ANNABELLE WAUGH,

"When I look at this, what you've put together—I know I can do this!"





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A **vegetarian**, A *celiac* AND A **MEAT-LOVER** WALK INTO YOUR KITCHEN... SO, WHAT'S FOR DINNER?

Q & A

Nutrition is no joke. Today, the vast number of nutritional trends and concerns make it hard to keep up. With free advice from Registered Dietitians, EatRight Ontario is a trusted, reliable source of information in the ever-changing landscape of modern nutrition. Check out the advice below for a taste of what EatRight Ontario is serving up.

Q: Is coconut oil healthy to use in cooking?

ANSWER

So far, research doesn't show that coconut oil is healthier for you than other vegetable oils that you might use for cooking. It's also high in saturated fats, which can affect your heart health. Unsaturated fats like olive, sunflower and canola oil are better choices, but if you prefer the taste of coconut oil, then enjoy it on occasion.

Q: Should I go on a gluten-free diet to improve my digestive health?

ANSWER

Only if you've been diagnosed with celiac disease or a gluten sensitivity. Otherwise, this diet can make shopping and meal time all the more challenging. Plus, it will make getting the needed nutrients even harder (as if it isn't tough enough already).

Q: Will doing a cleanse help me detox?

ANSWER

Save yourself the trouble and skip the cleanse. Your body doesn't need a cleanse to remove toxins, it does so naturally each and every day. Cleanses are also not recommended for weight loss or to improve your digestion. Instead, healthy eating, keeping hydrated, exercise and a good night's sleep will help you look and feel your best.

Q: Is fasting a safe and effective way to lose weight?

ANSWER

The answer is no. With fasting, you may see a quick drop on the scale, but in the first few days it's mostly water loss and not fat (which is what you want). This means when you return to your normal eating habits, the weight is likely to come back. Fasting can also be unsafe. You may become dehydrated, have low energy levels, have difficulty concentrating and other side effects.

Q: What is stevia? And is it safe to use?

ANSWER

Here's the short and sweet of it. Stevia is a popular sweetener for people with diabetes and people trying to cut down on sugar. This is because it's very sweet but has no calories. Both artificial and natural sweeteners (like stevia) are safe when added to food and drink, but enjoy in moderation.

NUTRITION IS NO JOKE.

Connect with a Registered Dietitian by phone or email for FREE advice on your everyday healthy eating questions.

Call 1-877-510-5102 or visit:
eatrightontario.ca/nutrition

Dietitians of Canada acknowledges the financial support of EatRight Ontario by the Ontario government. The views expressed do not necessarily reflect those of the Province.



IN SEASON

Shaved Beet and Celery
Root Salad With Miso
Dressing, p. 114



Back to Your Roots

Discover just how versatile sweet, starchy root vegetables can be with these full-flavoured mains and sides you can enjoy all season long.

BY JENNIFER BARTOLI & THE TEST KITCHEN

PHOTOGRAPHY, JODI PUDDGE. FOOD STYLING, ASHLEY DENTON. PROP STYLING, JENNIFER EVANS

SHAVED BEET AND CELERY ROOT SALAD WITH MISO DRESSING

Hands-on time: 15 minutes

Total time: 15 minutes

Makes: 4 to 6 servings

For this stunning salad, use the thinnest setting on your mandoline to shave crisp root vegetables into delicate medallions. Miso paste is generally used to flavour soups, but here it acts as a savoury base for the simple Japanese-inspired dressing.

Miso Dressing:

- 2 tsp white miso paste
- 2 tsp hot water
- 2 tbsp vegetable oil
- 2 tbsp lime juice
- 1 tsp finely grated fresh ginger
- 1 tsp sesame oil
- 1 tsp liquid honey

Beet and Celery Root Salad:

- 350 g mixed golden and candy cane beets, peeled
- 200 g celery root (about half root), peeled
- 2 tbsp chopped fresh chives

Miso Dressing: In large bowl, whisk miso paste with hot water until smooth; gradually whisk in vegetable oil, lime juice, ginger, sesame oil and honey.

Beet and Celery Root Salad: Using mandoline, shave beets and celery root into paper-thin slices. (If beets or celery root is too large for mandoline, cut in half.) Add beets, celery root and chives to dressing; toss to coat.

PER EACH OF 6 SERVINGS: about 90 cal, 2 g pro, 6 g total fat (trace sat. fat), 10 g carb (2 g dietary fibre, 5 g sugar), 0 mg chol, 143 mg sodium, 269 mg potassium. % RDI: 2% calcium, 5% iron, 1% vit A, 10% vit C, 25% folate.

**TIP FROM
THE TEST
KITCHEN**

The easiest way to prep celery root is to trim both ends, then stand it on its base. Using a sharp knife, cut downward, following the contours of the root, to remove the skin.

PENNE WITH JERUSALEM ARTICHOKES AND CRISPY CHORIZO

Hands-on time: 25 minutes

Total time: 25 minutes

Makes: 4 servings

Jerusalem artichokes, also known as sunchokes, are subtly flavoured, with a texture somewhere between that of a potato and a water chestnut. Typically,



they're enjoyed in a soup or a purée, so pairing them with pasta and crispy sausage is an unusual yet delicious change of pace. On another night, omit the pasta and serve the creamy artichokes and chorizo as a side dish.

- 340 g penne
- 1/3 cup diced dry-cured chorizo sausage
- 450 g Jerusalem artichokes, peeled and cut in 1/4-inch (5 mm) thick slices
- 3 cloves garlic, thinly sliced
- 1 1/2 tsp chopped fresh thyme
- 1 tsp olive oil
- 4 cups lightly packed baby spinach
- 1/3 cup whipping cream (35%)
- 1/2 tsp grated lemon zest
- 4 tsp lemon juice
- 1/4 tsp each salt and pepper
- 1/4 cup grated Parmesan cheese

In large saucepan of boiling lightly salted water, cook pasta according to package instructions. Reserving 1/2 cup of the cooking liquid, drain. Set aside.

While pasta is cooking, in large nonstick skillet, cook chorizo over medium-high

heat, stirring occasionally, until lightly browned and crisp, about 2 minutes. Using slotted spoon, remove to plate. Set aside.

In same skillet, cook artichokes over medium heat, stirring occasionally, until beginning to brown, about 5 minutes. Stir in 1/3 cup water; cover and simmer until artichokes are fork-tender and most of the liquid has evaporated, 5 to 7 minutes.

Add garlic, thyme and oil; cook, stirring, until fragrant, about 1 minute. Add spinach; cook, stirring, until wilted, about 1 minute. Stir in pasta, cream and enough of the reserved cooking liquid to coat. Remove from heat. Stir in lemon zest, lemon juice, salt and pepper. Sprinkle with chorizo and Parmesan.

PER SERVING: about 561 cal, 21 g pro, 16 g total fat (8 g sat. fat), 83 g carb (5 g dietary fibre, 10 g sugar), 41 mg chol, 743 mg sodium, 752 mg potassium. % RDI: 15% calcium, 54% iron, 50% vit A, 17% vit C, 119% folate.

**TIP FROM
THE TEST
KITCHEN**

Use a vegetable peeler to remove the artichoke skins. Then, rinse and pat dry the artichokes to remove any grit, if necessary.



CARDAMOM- AND GINGER-GLAZED CARROTS 🍴 🍴 🌿

Hands-on time: 15 minutes

Total time: 15 minutes

Makes: 4 to 6 servings

A little butter, honey and a few spices create a wonderfully aromatic glaze that brings the naturally sweet flavour of carrots to life. Try using a mix of orange and yellow carrots for a colourful presentation. If you can't find whole cardamom pods, use a generous pinch of ground cardamom instead.

2 tbsp	butter
2	cloves garlic, minced
1 tbsp	minced fresh ginger
5	green cardamom pods
2	bunches thin carrots (stem-on), trimmed and halved lengthwise
¼ tsp	each salt and pepper
pinch	nutmeg
4 tsp	liquid honey
1 tbsp	chopped fresh tarragon
2 tsp	lemon juice

In large nonstick skillet, melt butter over medium heat; cook garlic, ginger and cardamom pods, stirring, until fragrant, about 1 minute. Add carrots, salt, pepper and nutmeg; cook, stirring occasionally, until slightly softened, about 4 minutes.

Add honey and ½ cup water; cook, stirring often, until carrots are tender-crisp and most of the liquid has evaporated, about 6 minutes. Remove from heat. Discard cardamom pods. Stir in tarragon and lemon juice.

PER EACH OF 6 SERVINGS: about 78 cal, 1 g pro, 4 g total fat (2 g sat. fat), 11 g carb (2 g dietary fibre, 7 g sugar), 10 mg chol, 168 mg sodium, 225 mg potassium. % RDI: 2% calcium, 2% iron, 94% vit A, 7% vit C, 4% folate. ▶

**TIP FROM
THE TEST
KITCHEN**

If you find the anise-like flavour of fresh tarragon overwhelming, substitute with chopped fresh parsley, which is milder in flavour.

*Leave a bit
of the carrot
stems intact for
a pretty look
(they're edible!).*



RUTABAGA SOUP WITH CHIVE-BASIL OIL

Hands-on time: 30 minutes

Total time: 1 hour

Makes: 6 to 8 servings

This wholesome soup will warm you up on chilly evenings, and it's especially satisfying when served with the herbed oil topping. Use the leftover oil in a salad dressing or drizzle it over pasta, a roast or steamed vegetables.

Rutabaga Soup:

1 tbsp	olive oil
2	large ribs celery, chopped
1	onion, chopped
1	carrot, chopped
4	cloves garlic, minced
1 tbsp	chopped fresh thyme
¼ tsp	ground ginger
pinch	nutmeg
1	rutabaga, peeled and cut in 1-inch (2.5 cm) chunks (about 4 cups)
2	large yellow-fleshed potatoes, peeled and cubed
1	pkg (900 mL) no-salt-added vegetable broth

⅓ cup whipping cream (35%)

1½ tsp Dijon mustard

1½ tsp salt

½ tsp pepper

Chive-Basil Oil:

½ cup lightly packed fresh basil leaves

½ cup coarsely chopped fresh chives

½ cup olive oil

Garnish:

3 tbsp sour cream

¼ cup sliced natural (skin-on) almonds, toasted

Rutabaga Soup: In Dutch oven or large heavy-bottomed saucepan, heat oil over medium heat; cook celery, onion and carrot, stirring occasionally, until softened, about 5 minutes. Add garlic, thyme, ginger and nutmeg; cook, stirring, until fragrant, about 1 minute.

Stir in rutabaga, potatoes, broth and 2 cups water; bring to boil. Reduce heat, cover and simmer until rutabaga and potatoes are tender, 20 to 25 minutes. Let cool for 10 minutes.


In blender, purée soup, in batches, until smooth. Return to Dutch oven. Add

cream, mustard, salt and pepper; cook over medium heat, stirring, until hot, about 4 minutes. Ladle into bowls.

Chive-Basil Oil: While soup is simmering, in small saucepan of boiling water, cook basil and chives for 1 minute; drain. Transfer to bowl of ice water to chill; drain. Using hands, squeeze out liquid; pat dry.

In food processor, pulse basil mixture into coarse paste. With motor running, add oil in thin steady stream, scraping down side twice, until smooth, about 4 minutes. (*Make-ahead: Refrigerate in airtight container for up to 3 days; bring to room temperature before serving.*) Drizzle 1 tsp of the oil over each bowl of soup.

Garnish: Spoon sour cream onto soup. Sprinkle with almonds.

PER EACH OF 8 SERVINGS: about 306 cal, 11 g pro, 21 g total fat (5 g sat. fat), 27 g carb (3 g dietary fibre, 8 g sugar), 15 mg chol, 501 mg sodium, 637 mg potassium. % RDI: 8% calcium, 9% iron, 27% vit A, 37% vit C, 13% folate. 



Learn how to properly measure both thick and thin liquids at canadianliving.com/measureliquids.

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RAINBOW ROOT FRIES WITH CHIVE MAYO 🍷 🥗 🍴 🌱

Hands-on time: 20 minutes

Total time: 1 hour

Makes: 4 to 6 servings

Move over, plain old french fries! Here, we've used an array of root vegetables to make the most of the fall bounty, but feel free to pick and choose which veggies you want to include. Separate the roots for a colour-blocked effect; or, if you want to mix them, toss them together—just wait until they're cooked, otherwise the beets will stain the other veggies.

Root Fries:

- 1 sweet potato
- 1 small celery root
- 1 small rutabaga
- 1 red beet
- 2 tbsp olive oil
- 1 tsp each garlic powder and dried rosemary
- ½ tsp each salt and pepper
- 1 tbsp chopped fresh parsley

Chive Mayo:

- ⅓ cup mayonnaise
- 1 tbsp chopped fresh chives
- 1 small clove garlic, finely grated or pressed
- 1 tsp grainy mustard
- 1 tsp lemon juice

Root Fries: Peel and cut sweet potato, celery root and rutabaga lengthwise into scant ½-inch (1 cm) thick sticks; cut in half crosswise. Transfer each to separate bowl. Set aside.

Peel and cut beet into scant ½-inch (1 cm) thick sticks. Transfer to separate bowl.

Drizzle sweet potato, celery root, rutabaga and beet with oil. Sprinkle with garlic powder, rosemary, salt and pepper; toss each to coat.

Arrange sweet potato, celery root, rutabaga and beet in single layer on parchment paper-lined rimmed baking sheets. Bake in top and bottom thirds of 425°F (220°C) oven, turning fries once and switching and rotating pans halfway through, until tender and golden, 40 to 45 minutes. Sprinkle with parsley.

Chive Mayo: While fries are baking, in small bowl, whisk together mayonnaise, chives, garlic, mustard and lemon juice. *(Make-ahead: Refrigerate in airtight container for up to 2 days.)* Serve with fries.

PER EACH OF 6 SERVINGS: about 245 cal, 4 g pro, 15 g total fat (2 g sat. fat), 27 g carb (5 g dietary fibre, 14 g sugar), 5 mg chol, 388 mg sodium, 776 mg potassium. % RDI: 8% calcium, 12% iron, 91% vit A, 50% vit C, 29% folate. ●

TIP FROM
THE TEST
KITCHEN

Use food-safe gloves when handling beets to avoid staining your skin.

THE CANADIAN LIVING CULINARY *escape* WITH SUNWING.CA

At the heart of every great vacation is a great meal. If you're lucky, there are several that transcend mere sustenance, allowing you to experience the culture of the place you're visiting: the vegetables are indigenous; the seasonings are traditional; the recipe has been handed down for hundreds of years. A meal you've enjoyed with the feel of the sun on your arms and the sound of the surf in your ears is immediately captured in your memory—humans are hardwired to link the flavour of food with associations of where and when we first ate it.

So imagine if you had the chance to learn how to cook the favourite meal from your vacation, while you're on vacation? Sunwing.ca is introducing a series of culinary trip packages that allow you to do just that, kicking it off at the Royalton Riviera Cancun Resort & Spa in Mexico with a special collaboration between Executive Chef Freddy Chi and *Canadian Living's* Food director, Annabelle Waugh. Turn to page 122 to find out how you can have a culinary escape, too!

PHOTOGRAPHY BY ED O'NEIL

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— Annabelle Waugh, Food director

Margarita Shrimp Pipette



Royalton Riviera Cancun's new selection of chef-prepared gourmet fare and sommelier-selected wines ensures every meal is memorable.

Mexico's gorgeous local ingredients may not be available in Canadian markets, so Annabelle worked with Chef Freddy to adapt three of the Royalton Riviera Cancun's traditional recipes. Each has been Tested Till Perfect to ensure they turn out flawlessly for you, in your kitchen.

MARGARITA SHRIMP PIPETTE

Hands-on time: 25 minutes

Total time: 45 minutes **Makes:** 4 servings

Tomato-scented rice pilaf topped with red beans is the perfect authentic accompaniment to tequila-kissed shrimp. Serve with lemon wedges for an extra burst of acidity.

TOMATO RICE PILAF:

2 tbsp olive oil
half small onion, finely chopped
4 cloves garlic, minced
1 cup long-grain rice, rinsed
1 cup sodium-reduced chicken broth
¾ cup tomato juice
¼ tsp salt

SAUTÉED RED BEANS:

2 tsp olive oil
half small onion, finely chopped
¼ tsp dried oregano
Pinch salt
1 cup canned red kidney beans, drained and rinsed
1 tbsp chopped fresh cilantro

TEQUILA SHRIMP:

2 tsp olive oil
450 g jumbo shrimp (21 to 24 count), peeled and deveined
⅓ cup white tequila
1 tbsp lemon juice
1 tbsp chopped fresh cilantro

TOMATO RICE PILAF: In heavy-bottomed saucepan, heat oil over medium-high heat. Cook onion and garlic, stirring, until softened, about 4 minutes. Stir in rice until well combined. Stir in chicken broth, tomato juice and salt. Bring to boil; cover and reduce heat to low. Cook until liquid is absorbed, about 15 minutes. Remove from heat; let stand, covered, for 15 minutes. Fluff with fork.

SAUTÉED RED BEANS: Meanwhile, in a small skillet, heat oil over medium heat. Cook onion, oregano and salt, stirring, until onion is softened, about 5 minutes. Add beans; cook, stirring, until heated through, about 2 minutes. Stir in cilantro; keep warm.

TEQUILA SHRIMP: In large skillet, heat oil over medium-high heat. Cook shrimp, stirring frequently, just until pink. Add tequila; cook, stirring, until most of the liquid is evaporated and shrimp are opaque, about 2 minutes. Stir in lemon juice.

To serve, transfer rice to platter; top with beans and shrimp. Sprinkle with cilantro.

PER SERVING: about 483 cal, 28 g pro, 14 g total fat (2 g sat. fat), 52 g carb (5 g dietary fibre, 4 g sugar), 149 mg chol, 649 mg sodium, 495 mg potassium. % RDI: 10% calcium, 26% iron, 7% vit A, 13% vit C, 15% folate.

TEQUILA AND MANGO CRÈME BRÛLÉE

Hands-on time: 20 minutes

Total time: 1½ hours **Makes:** 4 servings

This silky dessert is spiked with tequila and fragrant mango. Canned mango purée is available in the international aisle of many grocery stores, as well as in Asian and Latin American markets.

1½ cups whipping cream (35%)
6 tbsp granulated sugar
4 egg yolks
⅓ cup mango purée
2 tbsp tequila

In small saucepan, combine cream and 2 tbsp of the sugar; bring to gentle boil over medium heat. Set aside.

In bowl, beat egg yolks with 2 tbsp of the remaining sugar until pale and thickened, about 2 minutes. Stirring constantly with heatproof spatula, add cream in slow, steady stream. Whisk in mango and tequila. Strain through fine-mesh sieve into clean bowl.

Divide egg mixture among four 6-oz (175 mL) ramekins; arrange ramekins in shallow roasting pan. Pour in enough hot water to come halfway up sides of ramekins.

Bake in 325°F (160°C) oven until skin forms on surfaces, edges are lightly set and custard is still jiggly in centres, 55 to 60 minutes.

Remove ramekins from pan; let cool on rack. Cover and refrigerate for 4 hours. (Make-ahead: Refrigerate for up to 24 hours.)

Sprinkle remaining sugar evenly over tops of ramekins. Place on rimmed baking sheet; broil, 6 inches (15 cm) from element, watching carefully, until sugar is melted and caramel colour, 2 to 4 minutes. Let cool slightly before serving.

PER SERVING: about 474 cal, 5 g pro, 40 g total fat (23 g sat. fat), 25 g carb (0 g dietary fibre, 22 g sugar), 320 mg chol, 43 mg sodium, 135 mg potassium. % RDI: 8% calcium, 6% iron, 43% vit A, 8% vit C, 15% folate.

**TIP FROM
THE TEST
KITCHEN**

Make your own mango purée by whirling diced mango in a food processor until smooth.

Strain through a fine-mesh sieve into a bowl. Transfer to a cheesecloth-lined sieve and let drain for 4 hours before using.

*Reserve a place
at the Chef's Table for an
elevated meal experience.*

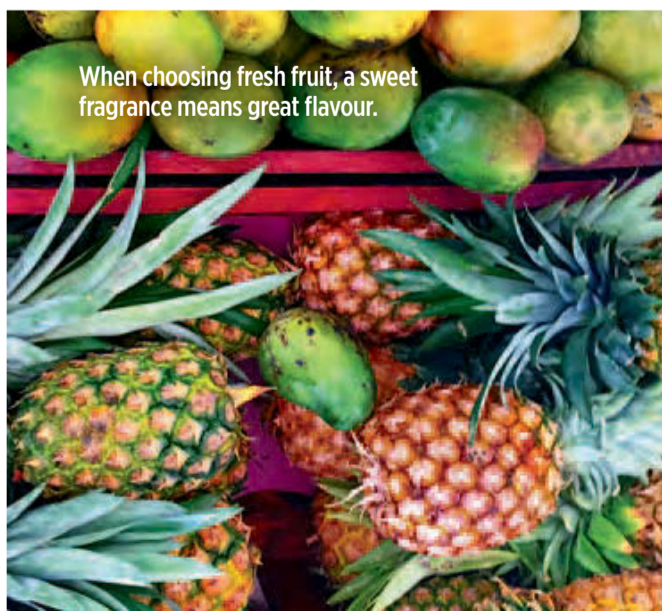
**Tequila
and Mango
Crème Brûlée**



**Chef Freddy shows how
to cook shrimp with
tequila (recipe at left).**



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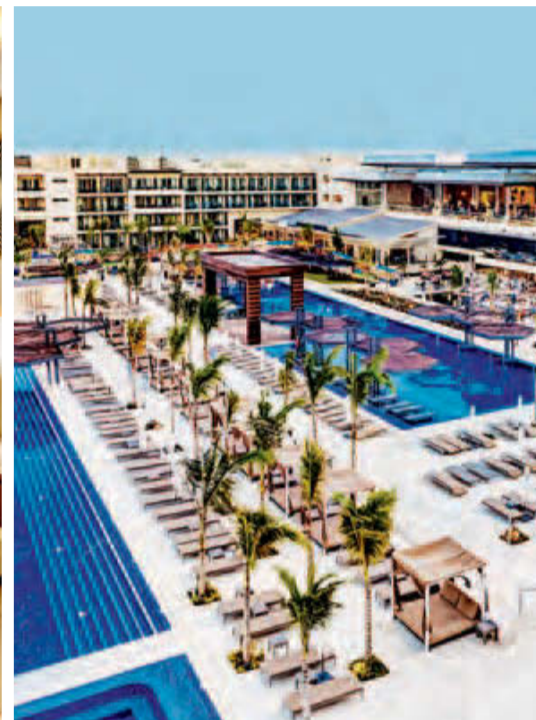
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Valid from December 2015 to December 2016. (Blackout dates: December 17, 2015 to January 03, 2016; February 16, 2016 to February 20, 2016; March 14, 2016 to March 28, 2016; and August 1, 2016 to August 31, 2016.) No purchase necessary. Open to residents of Canada only that are of the age of majority in their province or territory. Contest runs from September 23, 2015 to November 7, 2015. Visit www.canadianliving.com/culinaryescape for complete rules/details. There is 1 prize (travel) to be won. Approximative retail value is \$4,200.00. Odds of winning depend of number of entrants. Selected entrant must answer mathematical skill-testing question.

The Big Chili

With its bold, rich flavour, it's no wonder our retro chili recipe has stood the test of time—33 years, to be exact!

BY THE TEST KITCHEN

WESTERN CHILI 🍲 🥗 🍌

Hands-on time: 20 minutes

Total time: 1½ hours

Makes: 8 servings

All you'll need to make this classic dish is some ground beef, a couple of onions and some pantry staples (including a spoonful of cocoa powder, which adds flavour and a deep reddish-brown colour). Serve with your choice of sour cream, shredded cheese, chopped cilantro and, for nostalgia, chopped cucumber. For a more modern touch, swap out cucumber for chopped avocado.

- 2 tbsp vegetable oil
- 2 onions, finely chopped
- 2 cloves garlic, finely grated or pressed
- 2 tsp ground cumin
- 900 g lean ground beef
- 1 can (796 mL) whole tomatoes
- 3 tbsp chili powder
- 2 tsp each dried oregano, granulated sugar and sweet paprika
- 1 tsp cocoa powder
- 1 tsp salt
- ½ tsp pepper
- 1 bay leaf
- 1 can (540 mL) red kidney beans, drained and rinsed

In Dutch oven or large heavy-bottomed saucepan, heat oil over medium-high heat; cook onions and garlic, stirring frequently, until onions are softened, about 5 minutes.

Add cumin; cook, stirring, until fragrant, about 1 minute. Add beef; cook, stirring and breaking up with spoon, until no longer pink, about 5 minutes. Stir in tomatoes, breaking up with spoon.

Stir in chili powder, oregano, sugar, paprika, cocoa powder, salt, pepper

and bay leaf; bring to boil. Reduce heat, partially cover and simmer, stirring occasionally, for 1 hour. Discard bay leaf.

Stir in beans; cook until heated through, about 3 minutes. *(Make-ahead: Cover and refrigerate for up to 24 hours. Reheat before serving.)*

PER SERVING: about 360 cal, 27 g pro, 20 g total fat (7 g sat. fat), 19 g carb (6 g dietary fibre, 6 g sugar), 67 mg chol, 688 mg sodium, 754 mg potassium. % RDI: 8% calcium, 34% iron, 12% vit A, 30% vit C, 20% folate. ●

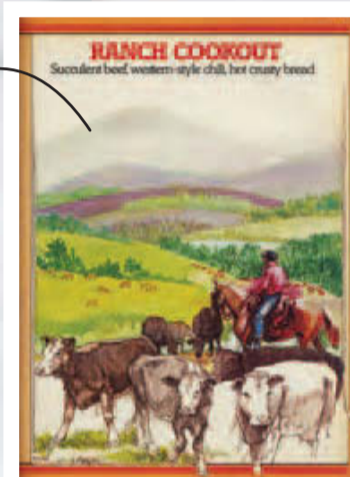
CHANGE IT UP

SLOW COOKER WESTERN CHILI 🍲 🥗 🍌

Decrease oil to 1 tbsp; heat in large nonstick skillet over medium-high heat. Cook beef, stirring and breaking up

with spoon, until no longer pink, about 5 minutes. Using slotted spoon, transfer to slow cooker. Stir in 1 can (156 mL) tomato paste and remaining ingredients. Cover and cook on low for 8 hours.

This recipe first appeared in our September 1982 issue!



Watch how to make this recipe at canadianliving.com/westernchili.



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french lesson

Flaky pastry envelops buttery caramelized sugar in this classic Breton dessert. Enjoy this special preview from our new *Canadian Living: The Ultimate Cookbook*.

Folding the dough creates delicate, crispy layers of pastry.



ONE RECIPE ENDLESS HOLIDAY POSSIBILITIES

ANYTHING GOES COOKIE DOUGH

60 cookies | Prep Time: 15 minutes | Cook Time: 10 minutes

2 ¼ cups all-purpose flour

1 tsp baking soda

½ tsp salt

2 large Naturegg™ Omega 3 eggs

1 tsp vanilla

1 cup Becel® Buttery Taste or
Original margarine

1 cup firmly packed light brown
sugar

¼ cup of granulated sugar

1 Preheat oven to 375°F. In a large bowl, cream Becel margarine and sugar until light and fluffy.

2 Beat in eggs and vanilla. Combine flour, baking soda and salt; gradually add to creamed mixture until combined.

3 Add in any combination of flavours to make it your own (e.g. chocolate chip, cranberries, cocoa, marshmallows)

4 Bake for 8-10 minutes until golden brown.

Replace butter with Becel 1:1 in your
favourite holiday recipes!

{Apple Spice Oatmeal}
Add apples and oats

{Mocha Crinkle}
Add cocoa and coffee powder

{Gingerbread Bar}
Add pistachios and cranberries

{Hot Chocolate Cookie Cup}
Add marshmallows and pretzels



For more Anything Goes Cookie Dough holiday inspiration
and complete nutrition information, visit Becel.ca

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A



B

KOUIGN AMANN 🍷 🌱

Hands-on time: 20 minutes

Total time: 3¼ hours

Makes: 12 servings

This impressive treat from the Breton region of France is made by folding together layers of pastry that have been spread with butter and sprinkled with sugar. As they bake, the butter and sugar create a crispy, caramelized crust outside and a gooey sauce inside.

1	pkg (8 g) active dry yeast (2½ tsp)
1 cup	warm water (100°F/38°C)
2½ cups	all-purpose flour (approx)
pinch	salt
¾ cup	butter, softened
1 cup	granulated sugar

In large bowl, sprinkle yeast over warm water; let stand until frothy, about 10 minutes. Using wooden spoon, stir in 2¼ cups of the flour and the salt until ragged dough forms.

Turn out onto lightly floured work surface; knead, adding as much of the remaining flour, a little at a time, as necessary to prevent sticking, until smooth and elastic, about 8 minutes. (Dough will still be slightly tacky but won't stick to hands or work surface.) Transfer dough to greased bowl; turn to grease all over. Cover bowl with plastic wrap; let rise in warm draft-free place until doubled in size, about 1½ hours.

Punch down dough. On lightly floured work surface, roll out dough into 10-inch (25 cm) square, about ½ inch (1 cm) thick. Using small offset palette knife,

spread 3 tbsp of the butter over dough, right to edges.

Set aside 1 tbsp of the sugar for topping. Sprinkle one-third of the remaining sugar over dough. Fold in each of the 4 corners of square so that points meet in centre. **(See photo A.)**

Roll folded dough out into 10-inch (25 cm) square. **(See photo B.)**

Repeat spreading with butter, sprinkling with sugar and folding in corners. Transfer to lightly floured rimmed baking sheet; cover and refrigerate for 30 minutes.

Place dough, folded side down, on lightly floured work surface. Roll out into 10-inch (25 cm) square; spread with 3 tbsp of the remaining butter. Sprinkle with remaining sugar. Repeat folding in corners.

Transfer dough, folded side up, to 9-inch (1.5 L) round cake pan; tuck corners under and press dough with palm of hand to fill bottom of pan. *(Make-ahead: Cover with plastic wrap; refrigerate for up to 4 hours.)*

Spread top with remaining butter; sprinkle with reserved sugar. Bake in 425°F (220°C) oven until puffed and golden brown, top sounds hollow when tapped and syrup is thick and bubbly, about 30 minutes.

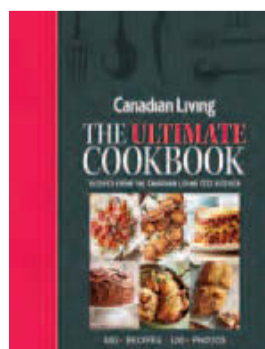
Let cool in pan for 10 minutes; invert onto serving platter. Let cool completely; using serrated knife, cut into wedges.

PER SERVING: about 252 cal, 4 g pro, 11 g total fat (7 g sat. fat), 36 g carb, 1 g fibre, 27 mg chol, 74 mg sodium, 43 mg potassium. % RDI: 1% calcium, 10% iron, 9% vit A, 25% folate. ●

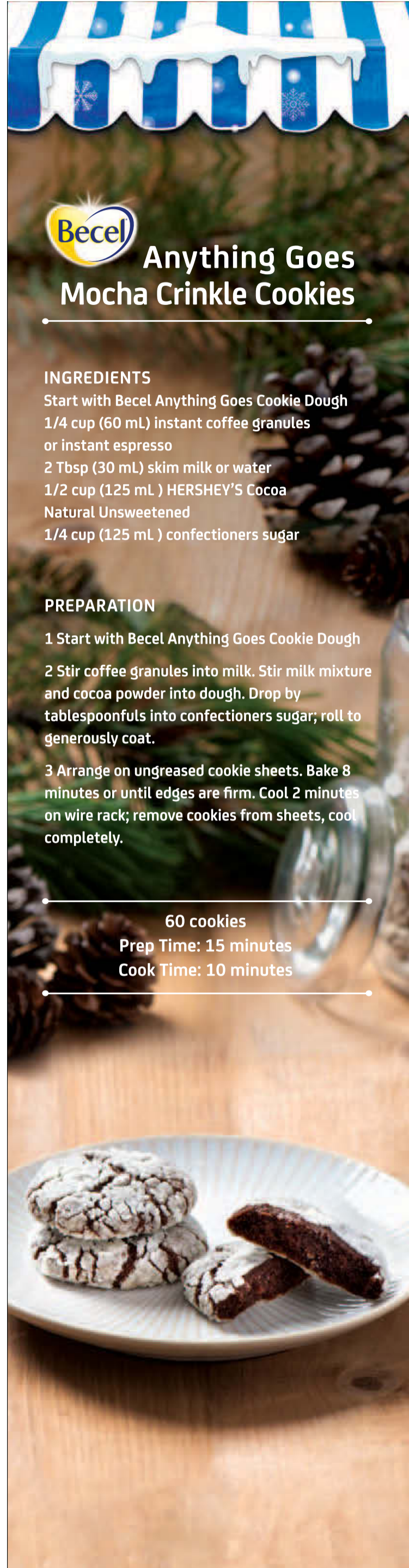
CHANGE IT UP

CHOCOLATE KOUIGN AMANN 🍷 🌱

Finely chop 85 g dark chocolate (about 3 oz); sprinkle one-third over each layer of butter and sugar before folding over dough. Continue with recipe as directed.



Excerpted from *Canadian Living: The Ultimate Cookbook* (Juniper Publishing, \$45).



Anything Goes Mocha Crinkle Cookies

INGREDIENTS

Start with Becel Anything Goes Cookie Dough
1/4 cup (60 mL) instant coffee granules
or instant espresso
2 Tbsp (30 mL) skim milk or water
1/2 cup (125 mL) HERSHEY'S Cocoa
Natural Unsweetened
1/4 cup (125 mL) confectioners sugar

PREPARATION

- 1 Start with Becel Anything Goes Cookie Dough
- 2 Stir coffee granules into milk. Stir milk mixture and cocoa powder into dough. Drop by tablespoonfuls into confectioners sugar; roll to generously coat.
- 3 Arrange on ungreased cookie sheets. Bake 8 minutes or until edges are firm. Cool 2 minutes on wire rack; remove cookies from sheets, cool completely.

60 cookies

Prep Time: 15 minutes

Cook Time: 10 minutes



Use a piping bag to create an even drizzle on your bark.



JOINING A COOKIE EXCHANGE, HITTING A FESTIVE POTLUCK OR SHARING IN A LITTLE HOLIDAY SPIRIT WITH FAMILY? NO MATTER WHAT FUELS YOUR CRAVING TO BAKE, YOU'LL TURN TO THESE FOOLPROOF, YET IMPRESSIVE GOODIES—AND THEIR SIMPLE VARIATIONS—ALL SEASON LONG.

JEWELLED BARK

Hands-on time: 15 minutes

Total time: 1 hour

Makes: about 12 pieces

Rich chocolate is studded with chunks of dried fruit and crunchy nuts to create a lovely sweet and slightly salty bark that's perfect for gifting.

2½ cups **HERSHEY'S CHIPITS Pure Semi-Sweet Chocolate Chips**
¾ cup each chopped dried apricots and cranberries
¾ cup chopped pistachios
½ cup **HERSHEY'S CHIPITS White Chocolate Chips**

In heatproof bowl set over saucepan of hot (not boiling) water, melt semisweet chocolate chips, stirring until smooth. Remove from heat. Stir in ½ cup each of the apricots, cranberries and pistachios.

Scrape onto foil-lined rimmed baking sheet. With rubber spatula, spread to ½-inch (1 cm) thickness. Sprinkle with remaining apricots, cranberries and pistachios, pressing lightly to adhere.

In separate heatproof bowl set over hot (not boiling) water, melt white chocolate chips; drizzle over bark. Refrigerate until firm, about 45 minutes. Cut into shards. *(Make-ahead: Refrigerate in airtight container for up to 1 week.)*

PER PIECE: about 372 cal, 6 g pro, 21 g total fat (10 g sat. fat), 49 g carb (5 g dietary fibre, 43 g sugar), 20 mg chol, 43 mg sodium, 168 mg potassium.
% RDI: 3% calcium, 11% iron, 3% vit A, 2% folate.

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CRAVING MORE?

For our **S'mores Bark** variation, you'll need HERSHEY'S CHIPITS Pure Semi-Sweet Chocolate Chips and HERSHEY'S CHIPITS Pure Milk Chocolate Chips. Find the recipe at canadianliving.com/smoresbark

For our **Peppermint Candy Cane Bark** variation, you'll need HERSHEY'S CHIPITS Pure Semi-Sweet Mint Chocolate Chips, HERSHEY'S CHIPITS Pure Semi-Sweet Chocolate Chips and HERSHEY'S CHIPITS White Chocolate Chips. Find the recipe at canadianliving.com/mintbark

SWEET ESSENTIALS

MINI TOFFEE-TOPPED CHOCOLATE CHEESECAKES

Hands-on time: 25 minutes

Total time: 5¼ hours

Makes: 12 mini cheesecakes

Melted chocolate chips are all you need to transform plain cheesecake into a chocolate lover's treat. Slowly melt the chips so the mixture is smooth and silky.

- 1¼ cups chopped shortbread cookies (about 5 round cookies)
- 3 tbsp butter, melted
- 1½ cups **HERSHEY'S CHIPITS SKOR Toffee Bits**
- 1 cup **HERSHEY'S CHIPITS Pure Semi-Sweet Chocolate Chips**
- 2 pkg (each 250 g) cream cheese, softened
- ½ cup granulated sugar
- 1 tsp vanilla
- 2 eggs

In food processor, pulse cookies until in fine crumbs. In small bowl, mix together crumbs and butter until crumbs are moistened; press into bottom of each paper-lined well of 12-count muffin pan. Top evenly with 1 cup of the toffee bits. Set aside.

In heatproof bowl set over saucepan of hot (not boiling) water, melt chocolate chips, stirring until smooth. Set aside to cool slightly.

While chocolate is cooling, in large bowl, beat cream cheese until smooth; beat in sugar and vanilla until fluffy. Beat in eggs, 1 at a time, just until combined. Stir in reserved melted chocolate. Spoon mixture over crusts, smoothing tops. Sprinkle with remaining toffee bits, pressing lightly to adhere.

Bake in 325°F (160°C) oven until edges are set and centres still jiggle slightly, 25 to 28 minutes. Let cool on rack; refrigerate until cold, about 4 hours. (*Make-ahead: Refrigerate in airtight container for up to 48 hours.*)

PER MINI CHEESECAKE: about 495 cal, 5 g pro, 35 g total fat (19 g sat. fat), 44 g carb (2 g dietary fibre, 38 g sugar), 114 mg chol, 331 mg sodium, 78 mg potassium. % RDI: 4% calcium, 6% iron, 20% vit A, 7% folate.

GRAVING MORE?

For our **Mini Chocolate Raspberry Cheesecakes** variation, you'll need HERSHEY'S CHIPITS Pure Semi-Sweet Chocolate Chips. Find the recipe at canadianliving.com/raspberrycheesecake

For our **Mini Chocolate Peanut Butter Cheesecakes** variation, you'll need HERSHEY'S CHIPITS REESE Peanut Butter Chocolate Chips and HERSHEY'S CHIPITS Pure Semi-Sweet Chocolate Chips. Find the recipe at canadianliving.com/peanutbuttercheesecake

“FOR THE SMOOTHEST RESULTS, SOFTEN CREAM CHEESE AT ROOM TEMPERATURE FOR ONE HOUR BEFORE BEATING.”

—Annabelle Waugh, Food director

To easily form the base of the cheesecakes, use the bottom of a tablespoon measure to pack the cookie mixture into the bottom of each muffin cup.



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For more recipes, visit canadianliving.com/hersheyschipits

*Nielsen Data, Year to date, June 27, 2015

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Cause for Celebration



The Ultimate Special Champagne Layer Cake, p. 132

A textured icing effect is an easy way to achieve a bakery-worthy cake.

This elegant six-layer Champagne cake is an extra-special indulgence that makes a stunning addition to any celebration—including our 40th anniversary!

BY AMANDA BARNIER
& THE TEST KITCHEN

ON THE COVER

THE ULTIMATE SPECIAL CHAMPAGNE LAYER CAKE 🍷🌿

Hands-on time: 1½ hours

Total time: 3 hours

Makes: 18 to 22 servings

Resist the urge to steal a sip or two of the Champagne—between the batter and the icing, you'll need an entire bottle for this recipe. If you prefer, serve Meringue Kisses on the side of each slice instead of arranging them on top of the cake.

- 1½ cups butter, softened
- 2¼ cups granulated sugar
- 4 eggs
- 1 tbsp vanilla
- 4⅔ cups all-purpose flour
- 4 tsp baking powder
- 2¼ cups dry Champagne or sparkling wine, room temperature
- 1 batch Champagne Butter Icing (see recipe, right)
- red or pink paste food colouring
- ivory paste food colouring
- 1 batch Meringue Kisses (see recipe, right)

Grease three 9-inch (1.5 L) round cake pans; line bottoms with parchment paper. Set aside.

In large bowl, beat butter with sugar until fluffy. Beat in eggs, 1 at a time. Beat in vanilla. In separate bowl, whisk flour with baking powder; stir into butter mixture, alternating with 2 cups of the Champagne, making 2 additions of each, until smooth. Scrape into prepared cake pans.

Bake in 350°F (180°C) oven until cake tester inserted in centres comes out clean, 35 to 40 minutes. Let cool in pans for 10 minutes. Invert onto racks; let cool completely. Peel off parchment paper.

While cakes are cooling, remove 3¾ cups of the icing to separate bowl; using red food colouring, tint pale pink. Using ivory food colouring, tint remaining icing to desired shade.

Cut each cake in half horizontally to make 6 layers. Place 1 bottom layer, cut side up, on cake plate; slide strips of waxed paper between edge of cake and plate (to keep plate clean). Brush all over with scant 1 tbsp of the remaining Champagne. Spread ¾ cup of the pink icing over cut side; top with second layer, cut side down. Brush second layer all over with scant 1 tbsp of the remaining Champagne. Spread ¾ cup of the remaining pink icing

over top. Repeat with remaining cake layers, Champagne and pink icing, leaving top of stack bare.

Using large offset palette knife, spread thin layer of the ivory icing all over cake to seal in crumbs; refrigerate until firm, about 30 minutes.

Using palette knife, spread icing all over cake, smoothing side and top. Place cake plate on cake turntable or lazy Susan; while rotating cake in 1 direction and using steady motion, run flat tip of small palette knife along side of cake, parallel to turntable, gradually moving knife higher to create concentric ridges. Refrigerate until firm, about 1 hour. (*Make-ahead: Refrigerate for up to 4 hours.*) Arrange Meringue Kisses on top.

PER EACH OF 22 SERVINGS: about 816 cal, 5 g pro, 38 g total fat (23 g sat. fat), 115 g carb (1 g dietary fibre, 94 g sugar), 131 mg chol, 332 mg sodium, 86 mg potassium. % RDI: 4% calcium, 11% iron, 33% vit A, 20% folate.

CHAMPAGNE BUTTER ICING 🍷🍷🌿

Hands-on time: 5 minutes

Total time: 5 minutes

Makes: about 11 cups

- 3 cups butter, softened
- 12 cups icing sugar
- ¾ cup dry Champagne or sparkling wine, room temperature

In large bowl, beat butter until fluffy. Beat in icing sugar, 1 cup at a time, until smooth. Gradually beat in Champagne, scraping down side of bowl, until fluffy and smooth, about 2 minutes. (*Make-ahead: Cover with plastic wrap; store at room temperature for up to 2 hours.*)



MERINGUE KISSES 🍷🍷🍷🌿

Hands-on time: 10 minutes

Total time: 3 hours

Makes: about 36 pieces

- 2 egg whites
- ¼ tsp cream of tartar
- ½ cup granulated sugar
- ivory paste food colouring

In large bowl, beat egg whites with cream of tartar until soft peaks form. Adding 1 tbsp at a time, beat in 6 tbsp of the sugar; continue to beat until stiff peaks form. Fold in remaining sugar.

Using food colouring, tint mixture to desired shade of ivory.

Spoon 1 bowl of the mixture into piping bag fitted with ½-inch (1 cm) plain tip. Pipe mixture into 1- to 2-inch (2.5 to 5 cm) peaked mounds, 1 inch (2.5 cm) apart, onto parchment paper-lined rimless baking sheet. Spoon remaining meringue into piping bag fitted with ½-inch (1 cm) star tip. Pipe mixture into 1- to 2-inch (2.5 to 5 cm) peaked mounds, 1 inch (2.5 cm) apart, onto separate baking sheet.

Bake in top and bottom thirds of 200°F (100°C) oven, switching and rotating sheets halfway through, until crisp and no longer shiny, 1½ to 2 hours. Let cool in oven for 1 hour. Remove from oven; let cool completely on pans. (*Make-ahead: Store in airtight container for up to 3 days.*) ●



Learn how to apply a textured icing effect (a.k.a. cake combing) to your cake at canadianliving.com/cakecomb.



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As recommended by Dr. Gifford-Jones M.D.

University of Toronto professor states that 69% of adults have sleeping problems. Bad sleep reduces physical and creative energy all next day. Almost all families are affected. Sleep apnea may cause high blood pressure, strokes, heart attacks and irregular heart beats. Can be very destructive in relationships. **Hundreds of true testimonials on the Bell website.**

■ **I really didn't snore** or gasp for air anymore. I sleep through the night and feel rested and refreshed in the morning. Mark Wilson, 40, Hudson, NH ■ **Sleep apnea capsules worked first night.** For 15 years I had sleep apnea and my doctor made me buy a CPAP machine, which I could not use. Finally Bell #23 helped the first night and every night thereafter. Like a miracle. Unbelievable. Karen Braun, 67, Glace Bay, NS ■ **For 20 years I was waking up frequently** gasping for air. During the day I would start napping every time I would sit down, because I was tired. Since taking #23 sleeping 6 hours is heaven. It made a substantial change in my life. Mary C. Myrick, 62, Jackson, MS ■ **It is such a joy** not having to use the CPAP machine anymore. Wayne Burse, 63, Beamsville, ON



#23 NPN 80027595

ACNE Eczema & Psoriasis

vanished. I suffered for 5 stressful years of having acne and extremely dry, irritated skin. Bell Help for Skin Disorders "**saved my life**". My skin is now beautiful and you would never know I suffered from acne and other skin problems for years. Zach Lustgarten, 18, Oshawa, ON **RED NOSE/CHEEKS ROSACEA** gone in less than a week. Was fighting it for 30 years with topical creams and prescriptions without getting satisfaction. I live a healthy life, don't smoke and don't drink. People thought a reddish face comes from drinking. This is a myth. Will take it for the rest of my life when needed. Donald E. Gillespie, 56, Innisfil, ON

PSORIASIS ■ **I had severe psoriasis** over 95% of my body. Last 5 years I have stunned every doctor and dermatologist. I spent tons of money on remedies. After I got Bell Help for Skin Disorders, I've never seen anything work as fast in my life. Within 2 days I saw my skin clearing up. I'm speechless. It was inexpensive compared with what I spent before. Jessica Shantz, 25, Dawson Creek, BC

ECZEMA For 6 years my family doctor and dermatologist tried many medications and creams. After taking Bell Help for Skin Disorders for just a few days my eczema itching stopped and my face started to clear up. After suffering so long I am amazed with the results. Andy Yuen, 58, Vancouver, BC

Works by cleaning blood from the inside, instead of attacking skin with creams or washes from the outside and leaving actual cause untreated.

Actual Results. ■ **After 1 week** my severe acne became quite mild and after 2 weeks it had completely



#60 NPN 80057652

Men in their 50s, 60s, 70s, can perform anytime like in their 20s ask for **Eroxil#6**, hundreds of testimonials on the website. **Women** can climax like in their honeymoon ask for **Erosyn#7**, a 10-year success story. **Blood Pressure Relief #26** no side effects. **Stop Excessive Stomach Acid & Reflux #39.** **Blood Sugar Imbalance #40.** **Shark Liver Oil #51** prevents colds and flus. **Supreme Immune Boosters #52.** **Calming Chronic Stress Relief # 66.** **Kidney Cleanse & Function Tea # 76** boosts kidney function by average 20%.

Try your local health food stores first. If they don't have it and don't want to order it for you, order on our website or call us with Visa or Mastercard. S & H \$9.95. No S & H if 3 bottles are ordered.



1-800-333-7995
www.BellLifestyle.ca



President's own story: 15 years ago I started to have arthritis, prostate, kidney, snoring and sleep apnea problems, which were all helped quickly with natural health products. I made it my life's purpose to help others. Nick A. Jerch

100% Truthful testimonials with full names and towns. Real people you can call, if you want more reassurance. No money is paid for testimonials. To ensure this product is right for you, always read labels and follow instructions.

What's your best birthday memory?

Canadian Living

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Nutty by Nature

Get your chocolate fix in a flash with this four-ingredient nut butter that will turn everything it touches into an oh-so decadent treat.

BY AMANDA BARNIER & THE TEST KITCHEN

CHOCOLATE HAZELNUT SPREAD



In food processor, grind 2 cups skinned roasted hazelnuts, scraping down side occasionally, into smooth paste, about 5 minutes. Add ½ cup icing sugar and pinch salt; blend, scraping down side occasionally, until smooth. Add 115 g semisweet chocolate (about 4 oz), melted; blend, scraping down side occasionally, until combined. (*Make-ahead: Refrigerate in airtight container for up to 2 weeks.*)

Makes about 1½ cups.

PER TBSP: about 104 cal, 2 g pro, 8 g total fat (1 g sat. fat), 8 g carb (2 g dietary fibre, 6 g sugar), 0 mg chol, 1 mg sodium, 92 mg potassium. % RDI: 2% calcium, 4% iron, 4% folate. ●

TIP FROM THE TEST KITCHEN

If you can't find skinned roasted hazelnuts, buy raw hazelnuts and roast them in a 350°F (180°C) oven until the skins crack, 8 to 10 minutes. Transfer them to a tea towel and rub off as much of the skins as possible.



Spread over warm bread or inside crêpes—or enjoy by the spoonful!



Watch how to make this recipe at canadianliving.com/hazelnutspread.

HE FIGHTS DIRTY, *no matter how dirty* DIRTY IS.

NO MATTER WHERE THEY ARE, TOUGH MESSSES DON'T STAND A CHANCE
WHEN MR. CLEAN'S MAGIC ERASER IS PART OF YOUR CLEAN ROUTINE.



WHEN IT COMES
TO CLEAN THERE'S
ONLY ONE **Mr.**

Wet before use. A rinse is required for surfaces that come in direct contact with food. Use as directed.

👉 This test paper behaves like the surface of your skin.



Soap can strip skin's moisture*.



Dove isn't soap.

This test paper shows how Dove is different. After a few minutes, soap strips the paper similar to how it strips your skin's moisture*. With ¼ moisturizing cream, Dove doesn't strip your skin like soap can.

